Covering the Noles

Florida State associate sports information director Bob Thomas will assist you with any questions or requests you may have regarding the 2018 Seminole men’s and women’s cross country teams, its program, results, records, coaches and student-athletes.

Interview Information for Athletes and Coaches

All players and coaches interviews should be arranged through the sports information office at least 24 hours in advance. Media may not contact any student-athlete through email or social media. Interviews are most frequently conducted at Mike Long Track, Monday-Wednesday each week. Special accommodations will be made at the convenience of the student-athletes.

Where to find what you’re looking for

Members of the media can gain access to updated statistics and rankings online at www.seminoles.com, or by calling the sports information office. Weekly releases are produced for all major events and will be posted online as well as emailed. Race results and a summary recap of each event will be distributed via email and online at the conclusion of each race. Credential requests must be made through the sports information office.

Photos on request

Should you have a need for photographs of any Florida State student-athletes or coaches, please submit your requests to Bob Thomas at bthomas2@fsu.edu. High resolution action and headshots are available for most everyone on the team. As a reminder, use of those is for media outlets only. We request that all photos used should carry the appropriate credits.

Credits

Prior to Braman’s arrival the Noles had made one NCAA Championship appearance and produced two All-Americans. Under Braman, FSU ran off 10 consecutive NCAA appearances through 2012 and has added seven All-American honors.

That success extends to the Atlantic Coast Conference, where the Noles bracketed their 2010 crown with five runner-up finishes. Prior to Braman’s arrival the men had not finished higher than seventh in nine ACC Championships. Since then they have 15 top-five finishes in the 15-team league.

The Noles have stacked up individual honors, including back-to-back ACC Championships by Andrew Lemonceillo in 2004 and 2005. He is among 41 All-ACC honorees since 2001. Over its first nine years of conference membership FSU had been shut out individually.

Braman’s teams have won five NCAA South Region titles, including the 2012 crown on FSU’s home course - Apalachee Regional Park - which he was instrumental in developing and will host the South Region again this season. The course, a joint venture with Leon County and Gulf Winds Track Club will host the 2021 NCAA Championships.

In addition to the men, Braman laid the foundation for the women’s program, directing it from 2000-2006 before turning it over to Karen Harvey, FSU made its first three NCAA Championship appearances (2002, 2003 and 2006) on his watch, and his final team finished fourth at the ACC Championships. That was a program-best until Harvey’s squads reeled off seven consecutive.

Braman succeeded Terry Long as the men’s and women’s track & field coach prior to the 2004 seasons and helped to transform the Noles into a national power, claiming NCAA Championships in 2006 and 2008. As a result he was recognized as the USTFCCCA’s National Coach of the Year following the 2006, 2007 and 2008 outdoor seasons.

The FSU men have collected 10 indoor and 11 outdoor ACC titles - including last season’s sweep. The women own two ACC Triple Crowns - cross country, indoor and outdoor titles - to go along with the 2016 outdoor and 2018 indoor crowns.

Florida State has brought home more than 200 All-American honors between the track & field and cross country programs, produced 38 national champions on the track, including 2011 Bowerman Award-winner Ngoni Makusha.

Not surprisingly, Braman has been recognized 39 times with national, regional and ACC Coach of the Year honors since arriving at FSU following a successful 17-year run at USF.

Internationally, Seminoles have accounted for 41 Olympic Games appearances between the 2008, 2012 and 2016 Games.

A Tampa native and 1980 graduate from the University of Florida, Braman was a three-year cross country captain, a three-time All-SEC honoree and the indoor three-mile school record-holder. He is married to the former Debbie Turner.

They have two sons, Steven and Tyler, who are Florida State graduates.
### Men's Roster

<table>
<thead>
<tr>
<th>Athlete</th>
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### Coaching & Support Staff

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<thead>
<tr>
<th>Name</th>
<th>Title</th>
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<tbody>
<tr>
<td>David Beauchem</td>
<td>Director of Operations</td>
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<tr>
<td>Bernie Waxman</td>
<td>Associate AD/Oversight</td>
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<tr>
<td>Gwendolyn Davis</td>
<td>Athletic Trainer, ATC</td>
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<tr>
<td>Erik Myryra</td>
<td>Strength &amp; Conditioning</td>
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<tr>
<td>Charlie Hogan</td>
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<tr>
<td>Jake Hurysz</td>
<td>Operations Asst./Men</td>
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<tr>
<td>David Barney</td>
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<td>Trevor Hooker</td>
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<tr>
<td>Christina Bernal</td>
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<td>John Lata</td>
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<td>Alex Midgett</td>
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<td>Sarah Peterika</td>
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<td>Natosha Gottlieb</td>
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<td>Michael Castel</td>
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<td>Alexa Mealy</td>
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<td>Keely Kaklamanos</td>
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<td>Taylor Wheaton</td>
<td>Facilities &amp; Events</td>
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<tr>
<td>Cathy Badger</td>
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<tr>
<td>Kelly Aponte</td>
<td>Junior</td>
<td>St. Augustine, Fla./St. Augustine</td>
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<td>Mackenzie Baysinger</td>
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<td>Rockledge, Fla./Rockledge</td>
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<td>Kate Bernicke</td>
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<td>Avon, Ind./Avon</td>
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<td>Julia Blankenbaker</td>
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<td>Wesley Chapel, Fla./Nova Southeastern</td>
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<td>Elizabeth Cobb</td>
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<tr>
<td>Addi Coggins</td>
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<td>Margaret Copello</td>
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<td>Pembroke Pines, Fla./Pembroke Pines Charter</td>
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<td>Alivia Davis</td>
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<td>Ginelle DeMone</td>
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<td>Kayla Easterly</td>
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<td>Hailey Hendry</td>
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<td>Claire Hooker</td>
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<td>Anna Lewis</td>
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<td>Jen Lima</td>
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<td>Jessica Lonas</td>
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<td>Militsa Mircheva</td>
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<td>Megan Mooney</td>
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<td>Sarah Myers</td>
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<td>Sidney Oakes-Lottridge</td>
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<td>Sarah Parrish</td>
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<td>Alondra Reyna-Lopez</td>
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<td>LaBelle, Fla./LaBelle</td>
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<td>Maudie Skrying</td>
<td>Sophomore</td>
<td>Wollongong, Australia/Univ. of Wollongong</td>
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<td>Kaia Stevenson</td>
<td>Freshman</td>
<td>Panama City Beach, Fla./Home Life Academy</td>
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<tr>
<td>Ella Swigler</td>
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<td>Lynn Haven, Fla./Mosley</td>
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<tr>
<td>Micaela Torres</td>
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<td>Ellie Wallace</td>
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<td>Bristol, England/San Francisco</td>
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<td>Emma Jane Warren</td>
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<td>Jacksonville, Fla./Bishop Kenny</td>
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<td>Juliana Zagra</td>
<td>Junior</td>
<td>Orlando, Fla./Olympia</td>
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<tr>
<td>Mariah Zupan</td>
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<td>Clearwater, Fla./Clearwater</td>
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<tr>
<td>Melissa Żyla</td>
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Jen Lima
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Palm Harbor, Fla.

Militsa Mircheva
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Dobrich, Bulgaria

Megan Mooney
Senior
Thornton, Colo.

Maudie Skyring
Sophomore
Wollongong, Australia

Ellie Wallace
Redshirt Freshman
Bristol, Great Britain

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

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

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

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

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

More than 20,000 college and high school athletes have raced on the beautifully manicured course, between the FSU Invitational, five Florida High School state championship meets, three NCAA South Region Championships and the 2015 ACC Championships. That doesn’t take into account the 2016 AAU Cross Country National Championship and USA Track & Field Club Cross Country National Championships, or any of the other lower-key events drawn to the dedicated facility.

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

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

“Now I’ve gotta build a team that can be a contender on our home course.”

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

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

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

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

In all, the cross country course portion of the park covers approximately 125 dedicated acres, which makes it the showcase destination. The most recent additions to the facility include more split-rail fencing, the opening up of additional spectator areas. Plans are in motion to build permanent structures to accommodate all aspects of meet support and management in advance of the 2021 NCAA Championships.

From the huge, grassy meadow starting area, runners set off for a gap between huge Live Oak trees as the trail rolls along its downward start, before a gentle incline leads to a left bend. At this point, approximately a half-mile into the race, runners hook up with a 15-meter wide grass-sodded path, which winds through another meadow, a pine stand and through a heavily shaded hammock before it descends just before the mile mark.

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

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

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

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

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

Former Director of Sports for Leon Country Tourism & Development, Brian Hickey, and his successor, Amanda Heidecker - a former FSU runner - have been in lock-step cooperation with FSU’s facilities and event and cross country staffs to put on the events hosted at Apalachee Regional Park.

“This is a team effort if there ever was one,” said Hickey, whose office has been trumpeting the benefits of EcoTourism for years. “I think this is going to be one of the greatest events we’ve hosted to date. We’re excited with the collaboration between Florida State, Leon County Tourism and Leon County Parks & Rec. It’s a testament to that partnership on the success of the events and the caliber of athletes we’ve been able to bring here.”

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

Yet there is something special about The ARP.

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

Apalachee Regional Park Cross Country Course Records

| Male     | HS 5000m | Sukhi Khosla, Leon | 14:59.45 | 2013 FSU Invitational |
| College 8k | Thomas Curtin, Va Tech | 23:23.0 | 2015 ACC Championships |
| College 10k | Ty McCormack, Auburn | 30:08.3 | 2014 NCAA South Region |
| Open 10k | Samuel Chelanga, Nike/ADP | 28:55 | 2016 USATF Club Championships |

| Female   | HS 5000m | Bailey Hertenstein, Newsome | 17:26.61 | 2017 FHSAA 4A State |
| College 5k | Colleen Quigley, FSU | 16:55.53 | 2013 FSU Invitational |
| College 6k | Molly Seidel, Notre Dame | 19:36.2 | 2015 ACC Championships |
| Open 6k | Colleen Quigley, Bowerman TC | 19:31 | 2016 USATF Club Championships |
| Open 10k | Emily Infield, Bowerman TC | 33:19 | 2018 USATF Championships |

“I have a lot of great memories on the FSU home course at the ARP, from a lot of tough workouts that we crushed as well as from races when the old squad wore flats at regionals and still dominated the field! But even beyond my own bias, I came back...as a Pro and was a proud alumni as my new teammates admired the beautiful course. The course is a perfect championship course in my eyes, wide enough to accommodate a large group of runners, and repetitive enough that fans can see those competing multiple times during the race. It is by no means an “easy” course, as I’ve heard people complaining about the hill in the back section so many times. But the ground is well kept and smooth enough that you don’t worry about turning an ankle by stepping in a hole when you are running in a large crowd and can’t see your footing. I’ve also experienced the nightmarish weather of the midwest during the month of November too many times to wish that upon other athletes. November in Tallahassee will provide for some gorgeous cross country running, which is much more enjoyable for the competitors as well as the fans. The course has grown and developed beautifully even just in the past few years and is primed and ready to take on bigger championship races. I know Tallahassee will welcome cross country runners from all over the country to compete at NCAAs hosted at the ARP.”

- Colleen Quigley, Bowerman Track Club
3-time FSU Cross Country All-American, ARP course record-holder and 2016 Olympian
1991 - @Chapel Hill, N.C.
1. NC State 52
2. Wake Forest 44
3. North Carolina 43
4. Clemson 41
5. Virginia 41
6. Georgia Tech 39
7. Florida State 38
8. Maryland 33
9. Florida State 32
10. Georgia Tech 33
11. NC State 31

1992 - Raleigh, N.C.
1. NC State 46
2. Wake Forest 48
3. Clemson 59
4. North Carolina 105
5. Georgia Tech 106
6. Virginia 122
7. Maryland 211
8. Florida State 230
9. Duke 235

1993 - @Clemson, S.C.
1. Wake Forest 36
2. NC State 59
3. Clemson 69
4. Georgia Tech 92
5. Virginia 118
6. Duke 183
7. North Carolina 211
8. Florida State 220
9. Maryland 237

1994 - Atlanta, Ga.
1. Wake Forest 46
2. NC State 59
3. Georgia Tech 108
4. North Carolina 110
5. Clemson 114
6. Virginia 127
7. Duke 176
8. Maryland 200
9. Florida State 230

1995 - @Winston-Salem, N.C.
1. NC State 18
2. Wake Forest 67
3. North Carolina 121
4. Virginia 153
5. Duke 148
6. Clemson 152
7. Georgia Tech 161
8. Maryland 161
9. Florida State 230

1996 - @College Park, Md.
1. NC State 30
2. Wake Forest 40
3. North Carolina 82
4. Duke 114
5. Clemson 127
6. Virginia 143
7. Florida State 217
8. Georgia Tech 222
9. Maryland 231

1997 - @Tallahassee, Fla.
1. NC State 24
2. Wake Forest 73
3. Clemson 75
4. North Carolina 86
5. Duke 117
6. Virginia 184
7. Georgia Tech 188
8. Maryland 220

9. Florida State 232

1998 - @Charlottesville, Va.
1. NC State 26
2. Duke 72
3. Clemson 94
4. Virginia 103
5. North Carolina 121
6. Wake Forest 169
7. Georgia Tech 201
8. Florida State 210
9. Maryland 249

1999 - @Chapel Hill, N.C.
1. NC State 32
2. Wake Forest 45
3. Duke 94
4. Virginia 114
5. Florida State 134
6. Georgia Tech 153
7. Clemson 161
8. North Carolina 231
9. Maryland 274

2000 - Raleigh, N.C.
1. NC State 26
2. Wake Forest 45
3. Duke 94
4. Virginia 114
5. Florida State 134
6. Georgia Tech 153
7. Clemson 161
8. North Carolina 231
9. Maryland 274

2001 - @Clemson, S.C.
1. NC State 26
2. Wake Forest 45
3. Duke 94
4. Virginia 114
5. Clemson 163
6. Florida State 187
7. Georgia Tech 218
8. Tech 219
9. Maryland 264

2002 - @Atlanta, Ga.
1. NC State 17
2. Duke 69
3. Virginia 95
4. Clemson 103
5. Florida State 123
6. Wake Forest 148
7. North Carolina 187
8. Maryland 219
9. Georgia Tech 243

2003 - @Winston-Salem, N.C.
1. NC State 27
2. Florida State 66
3. Virginia 83
4. Clemson 130
5. Wake Forest 139
6. Georgia Tech 156
7. Maryland 161
8. North Carolina 183
9. Duke 206

2004 - @College Park, Md.
1. NC State 47
2. Florida State 48
3. Virginia 85
4. Clemson 87
5. Duke 99
6. Wake Forest 172
7. Maryland 198
8. Georgia Tech 227
9. Virginia Tech 249
10. North Carolina 295
11. Miami 313

2005 - @Tallahassee, Fla.
1. Virginia 30
2. Florida State 38
3. NC State 103
4. Wake Forest 136
5. Duke 142
6. Virginia Tech 174
7. Clemson 175
8. North Carolina 198
9. Boston College 201
10. Maryland 304
11. Miami 342
12. Georgia Tech 356

2006 - @Charlottesville, Va.
1. NC State 31
2. Florida State ~ 79
3. Virginia 87
4. Duke 124
5. Clemson 132
6. Virginia Tech 145
7. Boston College 196
8. North Carolina 213
9. Wake Forest 217
10. Maryland 261
11. Georgia Tech 315
12. Miami 348

2007 - @Charlottesville, Va.
1. Virginia 32
2. NC State 39
3. Florida State ~ 130
4. Clemson 137
5. Virginia Tech 139
6. Duke 156
7. Wake Forest 193
8. Boston College 195
9. Maryland 206
10. North Carolina 246
11. Georgia Tech 271
12. Miami 381

2008 - @Chapel Hill, N.C.
1. Virginia 40
2. NC State 56
3. Florida State 73
4. Florida State 80
5. Duke 127
6. Maryland 199
7. Boston College 199
8. North Carolina 209
9. Clemson 212
10. Georgia Tech 239
11. Wake Forest 342
12. Miami 372

2009 - @Cary, N.C.
1. NC State 56
2. Virginia 71
3. Florida State 72
4. Duke 74
5. Virginia Tech 122
6. North Carolina 138
7. Maryland 219
8. Georgia Tech 239
9. Wake Forest 281
10. Boston College 287
11. Clemson 293
12. Miami 395

2010 - @Chesnut Hill, Mass.
1. Florida State 43
2. NC State 81
3. North Carolina 84
4. Virginia 92
5. Duke 93
6. Wake Forest 209
7. Virginia Tech 242
8. Maryland 244
9. Boston College 254
10. Clemson 267
11. Georgia Tech 271
12. Miami 357

2011 - @Clemson, S.C.
1. NC State 51
2. Florida State 55
3. North Carolina 84
4. Virginia Tech 116
5. Duke 116
6. Virginia 169
7. Wake Forest 212
8. Maryland 232
9. Georgia Tech 239
10. Clemson 268
11. Boston College 281
12. Miami 372

2012 - Blacksburg, Va.
1. Virginia Tech 55
2. Virginia 61
3. Florida State 62
4. NC State 74
5. Duke 112
6. North Carolina 149
7. Wake Forest 209
8. Boston College 246
9. Georgia Tech 272
10. Clemson 280
11. Miami 292

2013 @Kernersville, N.C.
1. Syracuse 64
2. North Carolina 84
3. Notre Dame 105
4. Virginia 108
5. Virginia Tech 120
6. Duke 137
7. Florida State 145
8. NC State 154
9. Georgia Tech 209
10. Wake Forest 274
11. Clemson 341
12. Pitt 366
13. Miami 409

2014 - @Charlottesville, Va.
1. Syracuse 32
2. NC State 90
3. North Carolina 95
4. Virginia 121
5. Florida State 158

2015 - @Tallahassee, Fla.
1. Syracuse 46
2. NC State 95
3. Virginia 115
4. Virginia Tech 120
5. Louisville 130
6. Notre Dame 147
7. Florida State 172
8. Duke 187
9. North Carolina 189
10. Georgia Tech 209
11. Clemson 318
12. Boston College 360
13. Pitt 368
14. Wake Forest 410
15. Miami 488

2016 - @Cary, N.C.
1. Syracuse 29
2. Virginia 72
3. NC State 82
4. Virginia Tech 128
5. Florida State 134
6. North Carolina 182
7. Louisville 203
8. Georgia Tech 224
9. Pitt 246
10. Notre Dame 257
11. Duke 311
12. Boston College 337
13. Wake Forest 345
14. Clemson 346
15. Miami 440

2017 - @Louisville, Ky.
1. Syracuse 27
2. Virginia Tech 73
3. NC State 98
4. Virginia 100
5. Florida State 152
6. Wake Forest 182
7. Notre Dame 206
8. Georgia Tech 238
9. Duke 261
10. Pitt 285
11. North Carolina 315
12. Clemson 345
13. Miami 370
14. Boston College 378
15. Louisville 384

~ participation vacated per NCAA Committee on Infractions

NCAA Committee on Infractions
## All-ACC

<table>
<thead>
<tr>
<th>Year</th>
<th>Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>2001</td>
<td>Joep Tigchelaar</td>
</tr>
<tr>
<td>2002</td>
<td>Joep Tigchelaar</td>
</tr>
<tr>
<td>2003</td>
<td>Joep Tigchelaar</td>
</tr>
<tr>
<td>2004</td>
<td>Ian Hornabrook</td>
</tr>
<tr>
<td>2005</td>
<td>Andrew Lemoncello*</td>
</tr>
<tr>
<td>2006</td>
<td>Tom Lancashire</td>
</tr>
<tr>
<td>2007</td>
<td>Andew Lemoncello</td>
</tr>
<tr>
<td>2008</td>
<td>Steeve Gabart</td>
</tr>
<tr>
<td>2009</td>
<td>Matt Leeder</td>
</tr>
<tr>
<td>2010</td>
<td>Matt Leeder</td>
</tr>
<tr>
<td>2011</td>
<td>Michael Fout</td>
</tr>
<tr>
<td>2012</td>
<td>Matthew Leeder</td>
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<tr>
<td>2013</td>
<td>Matt Mizereck</td>
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<tr>
<td>2014</td>
<td>Tyler Udland</td>
</tr>
<tr>
<td>2015</td>
<td>David Forrester</td>
</tr>
<tr>
<td>2016</td>
<td>Harry Mulenga</td>
</tr>
<tr>
<td>2017</td>
<td>David Barney</td>
</tr>
</tbody>
</table>

* - ACC Individual Champion

## ACC Coach of the Year

<table>
<thead>
<tr>
<th>Year</th>
<th>Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>Bob Braman</td>
</tr>
<tr>
<td>2010</td>
<td>Bob Braman</td>
</tr>
</tbody>
</table>

## ACC Freshman of the Year

<table>
<thead>
<tr>
<th>Year</th>
<th>Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>2001</td>
<td>Joep Tigchelaar</td>
</tr>
<tr>
<td>2009</td>
<td>Wes Rickman</td>
</tr>
<tr>
<td>2010</td>
<td>Jakub Zivec</td>
</tr>
<tr>
<td>2011</td>
<td>AJ del Valle</td>
</tr>
</tbody>
</table>

Andrew Lemoncello (above) won back-to-back ACC Championship individual titles, including the 2005 crown at FSU’s home Miccosukee Greenway course. He is the program’s only ACC champion in cross country, but one of five Noles to earn All-ACC honors three times. From top to bottom, the other four are: Joep Tigchelaar, Tom Lancashire, Matthew Leeder and David Forrester.
Women's ACC History & Honors

1991 - @Chapel Hill, N.C.
1. NC State 25
2. Clemson 19
3. Virginia 15
4. North Carolina 12
5. Florida State 11
6. Wake Forest 9
7. Duke 8
8. Maryland 7

1992 - @Raleigh, N.C.
1. NC State 38
2. Wake Forest 41
3. Virginia 57
4. North Carolina 57
5. Florida State 164
6. Clemson 165
7. Georgia Tech 176
8. Duke 200
9. Maryland 245

1993 - @Clemson, S.C.
1. NC State 46
2. Virginia 64
3. Clemson 72
4. North Carolina 73
5. Wake Forest 118
6. Georgia Tech 178
7. Florida State 185
8. Duke 199
9. Maryland 224

1994 - @Atlanta, Ga.
1. North Carolina 40
2. Wake Forest 48
3. Georgia Tech 68
4. Virginia 87
5. Clemson 97
6. Duke 171
7. Maryland 194
8. Florida State 235

1995 - @Winston-Salem, N.C.
1. NC State 40
2. Wake Forest 70
3. North Carolina 108
4. Virginia 116
5. Georgia Tech 128
6. Clemson 135
7. Duke 153
8. Maryland 212
9. Florida State 220

1996 - @College Park, Md.
1. NC State 38
2. North Carolina 49
3. Virginia 98
4. Clemson 101
5. Wake Forest 103
6. Georgia Tech 133
7. Duke 199
8. Maryland 218
9. Florida State 247

1997 - @Tallahassee, Fla.
1. NC State 28
2. Wake Forest 48
3. North Carolina 70
4. Virginia 110
5. Duke 111
6. Clemson 157
7. Georgia Tech 161
8. Maryland 227
9. Florida State 247

1998 - @Charlottesville, Va.
1. NC State 32
2. North Carolina 65
3. Wake Forest 75
4. Clemson 99
5. Virginia 114
6. Duke 155
7. Georgia Tech 161
8. Florida State 220
9. Maryland 223

1999 - @Chapel Hill, N.C.
1. NC State 44
2. NC State 56
3. Virginia 77
4. Wake Forest 96
5. Duke 104
6. Clemson 163
7. Georgia Tech 167
8. Florida State 214
9. Maryland 259

2000 - @Raleigh, N.C.
1. NC State 43
2. North Carolina 52
3. Virginia 80
4. Georgia Tech 107
5. Duke 136
6. Wake Forest 149
7. Florida State 156
8. Maryland 263
9. Clemson 283

2001 - @Clemson, S.C.
1. NC State 39
2. North Carolina 55
3. Virginia 80
4. Georgia Tech 107
5. Duke 136
6. Wake Forest 149
7. Florida State 156
8. Maryland 263
9. Clemson 283

2002 - @Atlanta, Ga.
1. NC State 61
2. Wake Forest 61
3. Virginia 78
4. Duke 81
5. North Carolina 88
6. Florida State 134
7. Maryland 203
8. Georgia Tech 214
9. Clemson 284

2003 - @Winston-Salem, N.C.
1. North Carolina 40
2. NC State 44
3. Wake Forest 62
4. Duke 120
5. Florida State 135
6. Virginia 142
7. Maryland 209
8. Georgia Tech 229
9. Clemson 282

2004 - @College Park, Md.
1. Duke 29
2. North Carolina 56
3. NC State 71
4. Wake Forest 94
5. Virginia 163
6. Florida State 168
7. Virginia Tech 197
8. Maryland 205
9. Clemson 270
10. Georgia Tech 272
11. Miami 305

2005 - @Tallahassee, Fla.
1. Duke 20
2. NC State 91
3. Wake Forest 104
4. Boston College 106
5. North Carolina 128
6. Virginia 177
7. Florida State 196
8. Maryland 214
9. Virginia Tech 235
10. Georgia Tech 321
11. Miami 323
12. Clemson 327

2006 - @Charlottesville, Va.
1. NC State 59
2. Duke 88
3. Virginia 104
4. Florida State 118
5. Virginia Tech 123
6. North Carolina 138
7. Boston College 150
8. Wake Forest 166
9. Georgia Tech 194
10. Maryland 217
11. Clemson 343
12. Miami 384

2007 - @Charlottesville, Va.
1. NC State 64
2. NC State 102
3. Boston College 106
4. North Carolina 118
5. Virginia Tech 121
6. Duke 123
7. Wake Forest 127
8. Virginia 160
9. Maryland 236
10. Clemson 257
11. Georgia Tech 277
12. Miami 390

2008 - @Chapel Hill, N.C.
1. Florida State 27
2. Boston College 106
3. Wake Forest 112
4. Duke 124
5. Virginia 124
6. North Carolina 137
7. Virginia Tech 150
8. Clemson 170
9. Maryland 236
10. NC State 262
11. Georgia Tech 289
12. Miami 392

2009 - @Cary, N.C.
1. Florida State 37
2. Duke 71
3. Virginia 84
4. NC State 109
5. North Carolina 137
6. Boston College 144
7. Maryland 192
8. Wake Forest 204
9. Clemson 221
10. Virginia Tech 284
11. Georgia Tech 312
12. Miami 390

2010 - @Chesnut Hill, Mass.
1. Florida State 52
2. Virginia 75
3. Duke 99
4. Boston College 100
5. North Carolina 123
6. NC State 137
7. Wake Forest 206
8. Virginia Tech 207
9. Clemson 208
10. Maryland 311
11. Georgia Tech 315
12. Miami 353

2011 - @Clemson, S.C.
1. Florida State 20
2. Boston College 79
3. Virginia 113
4. NC State 113
5. North Carolina 118
6. Clemson 159
7. Duke 161
8. Virginia Tech 180
9. Maryland 236
10. Wake Forest 264
11. Georgia Tech 328
12. Miami 369

2012 - @Blacksburg, Va.
1. Florida State 35
2. Duke 67
3. Boston College 82
4. NC State 86
5. North Carolina 152
6. Virginia 170
7. Clemson 191
8. Wake Forest 222
9. Georgia Tech 258
10. Virginia Tech 260
11. Maryland 296
12. Miami 350

2013 - @Kernersville, N.C.
1. Florida State 52
2. Virginia 65
3. Syracuse 108
4. Notre Dame 124
5. Duke 130
6. Boston College 151
7. NC State 183
8. Virginia Tech 188
9. North Carolina 204
10. Wake Forest 246
11. Clemson 336
12. Georgia Tech 389
13. Pitt 399
14. Maryland 404
15. Miami 447

2014 - @Charlottesville, Va.
1. North Carolina 57
2. Florida State 99
3. Virginia 109
4. NC State 119
5. Notre Dame 132
6. Virginia Tech 161
7. Boston College 162
8. Syracuse 162
9. Wake Forest 233
10. Duke 276
11. Georgia Tech 289
12. Louisville 290
13. Clemson 369
14. Pitt 388
15. Miami 505

2015 - @Tallahassee, Fla.
1. Virginia 71
2. NC State 75
3. Notre Dame 96
4. Syracuse 141
5. North Carolina 150
6. Boston College 159
7. Florida State 172
8. Virginia 213
9. Pitt 241
10. Clemson 244
11. Duke 275
12. Wake Forest 290
13. Louisville 312
14. Georgia Tech 407
15. Miami 450

2016 - @Cary, N.C.
1. NC State 53
2. Notre Dame 74
3. Virginia Tech 153
4. Louisville 157
5. Syracuse 184
6. Clemson 207
7. Pitt 207
8. Wake Forest 207
9. Florida State 213
10. Virginia 220
11. Duke 245
12. Boston College 247
13. North Carolina 299
14. Georgia Tech 347
15. Miami 446

2017 - @Louisville, Ky.
1. NC State 43
2. Louisville 109
3. Virginia Tech 129
4. Syracuse 134
5. Wake Forest 166
6. Notre Dame 175
7. Duke 180
8. Virginia 182
9. Florida State 210
10. Pitt 210
11. North Carolina 244
12. Georgia Tech 258
13. Boston College 348
14. Clemson 378
15. Miami 461

~ title vacated per NCAA Committee on Infractions
All-ACC
1995 Kirsten Birmelin
2000 Amy Pleckaitis
2001 Vicky Gill
2002 Vicky Gill
2003 Vicky Gill
2006 Susan Kuiken
2007 Susan Kuiken*
2008 Susan Kuiken*
2009 Susan Kuiken*
2010 Pasca Cheruiyot
2011 Amanda Winslow
2012 Violah Lagat*
2013 Colleen Quigley*
2014 Colleen Quigley*
2015 Carmela Cardama Baez
2016 Carmela Cardama Baez
2017 Militsa Mircheva

* - ACC Individual Champion

ACC Awards
From left to right: Violah Lagat won the first ACC Women’s Performer of the Year honor in 2012, and Colleen Quigley - the 2011 ACC Freshman of the Year - won Performer of the Year honors in 2013. Karen Harvey guided the Noles from 2007-2014 and won seven consecutive ACC Women’s Coach of the Year honors (2007-13).
Men's All-Metro Honors

1976 Donnie Cook
Ron Montgomery
1977 Donnie Cook
1978 **Herb Wills***
Tom Herron
John Hodge
Doug Overfelt
1979 Doug Overfelt
Marc Trigg
John Hodge
Herb Wills
Tom Herron
1980 **Larry Greene***
Herb Wills
Brett Hoffman
1981 **Herb Wills***
Larry Greene
Marc Trigg
Doug Overfelt
Ron Treadway
Phillip Rolle
Scott Taylor
1982 **Phillip Rolle***
Ron Treadway
Paul Waldron
Richard Lewis
Robert Shackleford
1983 Gregg Doss
Paul Waldron
1984 Greg Doss
1985 Matt Famen
1986 David Hosely
1987 David Greene
1988 David Keen
1989 David Keen
Allen Williams
Jason Frank
1990 Jason Frank
Matthew Dobson

* - Metro Individual Champion

Women's Metro Championship Results

Top, the 1978 team won the first of FSU's three Metro men's cross country titles. Right, Herb Wills is a two-time champion and four-time All-Metro selection. Above, Larry Green (left) and Phillip Rolle also won individual titles.

Women's All-Metro Honors

1985 **Brenda Moore***
Barbara Matthews
Colleen O'Reilly
Sue Pockell
1986 Carrie Boyd
Barbara Matthews
Adrienne Politcowitz
Sharon Farrall
Colleen O'Reilly
1987 Carrie Boyd
Michelle Farrall
1988 Carrie Boyd
Michelle Farrall
Colleen O'Reilly
Angela Harris
1989 **Carrie Boyd***
Michelle Farrall
Angela Harris
1990 * Tracey Howze

* - Metro Individual Champion

Men's Metro Championship Results

1976 - @St. Louis, Mo.
1. Memphis State 43
2. Georgia Tech 65
3. Cincinnati 73
4. Florida State 78
5. Georgia Tech 79
6. Louisville 173

1977 - @Cincinnati, Ohio
1. Saint Louis 38
2. Cincinnati 59
3. Memphis State 71
4. Florida State 78
5. Georgia Tech 99
6. Louisville 142

1978 - @Tallahassee, Fla.
1. Florida State 43
2. Saint Louis 55
3. Virginia Tech 58
4. Cincinnati 90
5. Memphis State 92
6. Louisville 157
7. Tulane 218

1979 - @Memphis, Tenn.
1. Florida State 39
2. Virginia Tech 51
3. Memphis State 54
4. Cincinnati 98
5. Saint Louis 140
6. Louisville 152
7. Tulane

1980 - @St. Louis, Mo.
1. Virginia Tech 30
2. Florida State 38
3. Memphis State 86
4. Cincinnati 101
5. Louisville 154
6. Tulane 185
7. Saint Louis NTS

1981 - @New Orleans, La.
1. Virginia Tech 24
2. Florida State 31
3. Cincinnati 97
4. Memphis State 119
5. Louisville 124
6. Tulane 169

1982 - @Blacksburg, Va.
1. Florida State 37
2. Virginia Tech 41
3. Cincinnati 75
4. Memphis State 91
5. Louisville 124
6. Tulane 157
7. Southern Miss 170

1983 - @Cincinnati, Ohio
1. Virginia Tech 42
2. South Carolina 93
3. Cincinnati 97
4. Florida State 105
5. Memphis State 111
6. Southern Miss 135
7. Louisville 153
8. Tulane 164

1984 - @Tallahassee, Fla.
1. Virginia Tech 25
2. Florida State 94
3. Louisville 112
4. Memphis State 116
5. South Carolina 118
6. Tulane 130
7. Cincinnati 140
8. Southern Miss 156

1985 - @Louisville, Ky.
1. Virginia Tech 38
2. Cincinnati 71
3. Memphis State 96
4. Southern Miss 99
5. Louisville 101
6. Florida State 110
7. Southern Miss 165

1986 - @Memphis, Tenn.
1. Virginia Tech 39
2. South Carolina 55
3. Cincinnati 72
4. Memphis State 96
5. Louisville 101
6. Florida State 120
7. Southern Miss 127

1987 - @Columbia, S.C.
1. Virginia Tech 31
2. Louisville 74
3. Cincinnati 87
4. Florida State 92
5. South Carolina 93
6. Southern Miss 155
7. Memphis State 170

1988 - @Hattiesburg, Ms.
1. Virginia Tech 33
2. South Carolina 83
3. Florida State 85
4. Cincinnati 115
5. Southern Miss 117
6. Louisville 123
7. Memphis 139

1989 - @Blacksburg, Va.
1. Virginia Tech 22
2. Florida State 55
3. South Carolina 98
4. Cincinnati 101
5. Memphis 128
6. Tulane 133
7. Louisville 162
8. Southern Miss 226

1990 - @Cincinnati, Ohio
1. Virginia Tech 24
2. Florida State 64
3. South Carolina 79
4. Louisville 123
5. Cincinnati 139
6. Memphis 145
7. Tulane 182
8. Southern Miss 205

Women's Metro Championship Results

1985 - @Louisville, Ky.
1. Virginia Tech 29
2. Florida State 39
3. Cincinnati 81
4. Louisville 108
5. Southern Miss 119
6. Memphis State 172

1986 - @Memphis, Tenn.
1. Virginia Tech 23
2. Florida State 39
3. Cincinnati 73
4. Louisville 85
5. Memphis State 105

1987 - @Columbia, S.C.
1. Virginia Tech 25
2. Florida State 72
3. Cincinnati 75
4. South Carolina 84
5. Louisville 112
6. Memphis State 126
7. Southern Miss 178

1988 - @Hattiesburg, Miss.
1. South Carolina 41
2. Florida State 46
3. Virginia Tech 72
4. Cincinnati 112
5. Memphis State 112
6. Louisville 118
7. Southern Miss 184

1989 - @Blacksburg, Va.
1. South Carolina 39
2. Florida State 54
3. Virginia Tech 62
4. Louisville 81
5. Cincinnati 136
6. Tulane 158
7. Memphis State 199
8. Southern Miss 225

1990 - @Cincinnati, Ohio
1. South Carolina 26
2. Louisville 52
3. Virginia Tech 75
4. Florida State 83
5. Cincinnati 145
6. Tulane 184
7. Memphis State 188
8. Southern Miss 226

* - Metro Individual Champion
Men's Region History & Honors

NCAA South Region
2000 1. Alabama (47) ... 9. Florida State (253)
2001 1. Alabama (55) ... 3. Florida State (85)
2002 1. Tennessee (51) ... 4. Florida State (104)
2003 1. Georgia (37) ... 2. Florida State (64)
2004 1. Florida State (59) ... 2. Florida (71)
2005 1. Alabama (40) ... 2. Florida State (47)
2006 1. Florida State (67) ... 2. Alabama (88)
2007 1. Alabama (28) ... 2. Florida State (52)
2008 1. Alabama (49) ... 3. Florida State (66)
2009 1. Alabama (45) ... 2. Florida State (80)
2010 1. Alabama (30) ... 2. Florida State (55)
2011 1. Florida State (40) ... 2. Florida (68)
2012 1. Florida State (27) ... 2. Georgia (48)
2013 1. Georgia (72) ... 3. Florida State (101)
2014 1. Mississippi (52) ... 2. Florida State (94)
2015 1. Florida State (58) ... 2. Mississippi (62)
2016 1. Mississippi (46) ... 3. Florida State (127)
2017 1. Middle Tennessee (71) ... 4. Florida State (128)

Photos from top to bottom: Breandan O’Neill (left) and Jakub Zivec (right) finished side-by-side at the 2012 NCAA South Region Championships, the first contested at FSU’s Apalachee Regional Park course. Zivec was credited with the victory. In the middle photo, from left to right, Mike Fout, Breandan O’Neill and David Forrester led the Noles to the 2011 South Region team title with Forrester and Fout finishing 1-2 and O’Neill placing fourth in Tuscaloosa, Ala. Ciaran O’Lionaird won the 2010 NCAA South Region title in Hoover, Ala. and a week later led the Seminoles to the best NCAA Championships finish in program history as FSU was second in Terre Haute, Ind.

All-South Region

2000 Dave Guerra
Kim Bergdahl
2001 Dave Guerra
Joep Tigchelaar
2002 Nathan Adams
Joep Tigchelaar
Maarten van de Heuvel
2003 Luke Beevor
Kevin Cook
Ian Hornabrook
Eddie Rodriguez
2004 Afrodite Allers
Andrew Lemoncello
Ian Hornabrook
Eddie Rodriguez
2005 Afrodite Allers
Sean Burris
Tom Lanschase
Kevin Cook
2006 Mark Buckingham
Luke Gun
Tom Lanschase
Andrew Lemoncello
2007 Mark Buckingham
Luke Gun
Steve Gabart
Matt Leader
Daniel Roberts
2008 Steve Gabart
Jason Lakritz
Matt Leader
Daniel Roberts
Nick Sueker
2009 Matt Leader
Ciaran O’Lionaird
Wes Rickman
Daniel Roberts

2010 Ciaran O’Lionaird
Michael Fout
Matt Leader
Seth Proctor
Wes Rickman
Alex Smyth
2011 Michael Fout
Breandan O’Neill
Seth Proctor
Jakub Zivec
2012 Breandan O’Neill
Wes Rickman
Seth Proctor
David Forrester
Zak Seddon
Paul Lagno
Bryant Blaha
Josh Gracia
Zak Seddon
Kevin Johnson
2013 Tyler Udland
Jack Goodwin
Zak Seddon
Harry Mulenga
Zak Seddon
Jack Goodwin
Stanley Linton
Grant Nykaza
2014 Michael Hall
David Barney
Stanley Linton

* - NCAA South Region champion
Women’s Region History & Honors

NCAA South Region

2000 1. South Florida (71)...5. Florida State (134)
2001 1. Georgia Tech (54)...3. Florida State (113)
2002 1. Tennessee (72)...2. Florida State (74)
2003 1. Tennessee (71)...2. Florida State (93)
2004 1. Tennessee (78)...4. Florida State (176)
2005 1. Tennessee (76)...3. Florida State (118)
2006 1. Georgia (35)...4. Florida State (84)
2007 1. Florida State (40)...2. Georgia (75)*
2008 1. Florida State (41)...2. Florida (64)
2009 1. Florida (33)...2. Florida State (54)
2010 1. Florida State (24)...2. Florida (67)
2011 1. Florida State (34)...2. Vanderbilt (54)
2012 1. Florida State (27)...2. Vanderbilt (54)
2013 1. Florida State (35)...2. Vanderbilt (116)
2014 1. Vanderbilt (52)...2. Florida State (53)
2015 1. Vanderbilt (65)...4. Florida State (139)
2016 1. Mississippi State (66)...7. Florida State (208)
2017 1. Mississippi (59)...4. Florida State (129)

All-South Region

2000 Brooke Bastien
Katie Jeffrey
Vicky Gill
Natalie Hughes
Katie Jeffrey
Natalie Hughes
Misty Harper
Allison Lind
Vicky Gill
Natalie Hughes
Anne Clinton
Helen Hofstede
Laura Bowerman
Laura Bowerman
Natalie Hughes
Abi Wilshire
Susan Kuijken*
Jessica Crate
Amy Huss
Abi Wilshire
Susan Kuijken*
Hannah England
Kirsten Hagen
Audrey Hand
Pilar McShine
Barbara Parker
Lydia Willemsen
Kacey Gibson
Susan Kuijken
Pilar McShine
Linzi Snow
Lydia Willemsen
Christina Wojtalewicz
Pasca Cheruiyot
Jennifer Dunn
Pilar McShine
Jessica Parry
Amanda Winslow
Pasca Cheruiyot
Pilar McShine
Jessica Parry
Jennifer Dunn

2011 Hannah Brooks
Amanda Winslow
Astrid Leutert
Amanda Winslow*
Hannah Brooks
Violah Lagat
Colleen Quigley
Kayleigh Tyerman
Aubree Worden
Jessica Parry
Violah Lagat*
Colleen Quigley
Amanda Winslow
Kayleigh Tyerman
Georgia Peel
Jessica Parry
Jennifer Dunn
Colleen Quigley*
Hannah Walker
Linden Hall
Pippa Woolven
Carly Thomas
Colleen Quigley*
Pippa Woolven
Linden Hall
Bridget Blake
Chelsi Woodruff
Carmela Cardama Baez
Bridget Blake
Christine Griggs
Carmela Cardama Baez
Jodie Judd
Emily Edwards

* - South Region champion

Top left, Violah Lagat, Colleen Quigley and Amanda Winslow, seen here running on FSU Apalachee Regional Park course at the 2012 South Region Championship, combined for four South Region individual titles and 10 All-Region honors over the course of their careers. Their region wins came during a stretch of four consecutive team titles for the Noles (2010-2013). Top right, Vicky Gill delivered the Florida State women their first NCAA South Region individual title in 2002 and went on to earn two All-American honors. Gill was inducted in the FSU Athletic Hall of Fame in 2015. Above, the 2013 team celebrates the Noles’ last team title, which was won in Tuscaloosa, Ala. At left, Susan Kuijken - the most decorated cross country runner in program history - won back-to-back South Region titles (2006-07) and was a three-time All-Region selection.
Men's NCAA Championships
1981  1. UTEP (17)…  8. Florida State (257)
2005  1. Wisconsin (37)…  18. Florida State (471)
2006  1. Colorado (94)…  30. Florida State (602)
2009  1. Oklahoma St. (127)…  30. Florida State (612)
2010  1. Oklahoma St. (73)…  2. Florida State (193)
2011  1. Wisconsin (97)…  12. Florida State (348)
2012  1. Oklahoma St. (72)…  5. Florida State (238)
2015  1. Syracuse (82)…  29. Florida State (598)

Individual Qualifiers
1968  Ken Misner (55th)
1969  Ken Misner (13th); Del Ramers (142nd)
1970  Ken Misner (42nd); Del Ramers (192nd)
1971  Del Ramers (128th); Robert Brooks (256th)
1980  Larry Greene (151st)
2001  Joep Tichelaar (71st); Kim Bergdahl (208th)
2002  Joep Tichelaar (107th)
2013  Bryant Blahnik (220th)
2016  Harry Mulenga (82nd)
2017  Michael Hall (132nd)

Women's NCAA Championships
2002  1. BYU (85)…  28. Florida State (657)
2003  1. Stanford (120)…  18. Florida State (455)
2009  1. Villanova (86)…  2. Florida State (133)
2010  1. Villanova (120)…  2. Florida State (154)

Individual Qualifiers
2001  Vicky Gill (122nd)
2005  Laura Bowerman (127th)
2016  Carmela Cardama Baez (73rd)

AIAW Championships
The Association for Intercollegiate Athletics for Women (AIAW) was founded in 1971 and governed women’s athletics through the 1981-82 academic year:
1977  1. Iowa State…  15. Florida State
1978  1. Iowa State…  15. Florida State
1979  1. NC State…  22. Florida State^*^
1980  1. NC State…  21. Florida State
1981  1. Iowa State…  11. Florida State
^* - meet hosted by FSU at the Seminole Golf Course
Men’s All-Time All-Americans

FSU All-American Performances

<table>
<thead>
<tr>
<th>Year</th>
<th>Athlete</th>
<th>Place/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1969</td>
<td>Ken Misner</td>
<td>13th/29:57.9</td>
<td>Van Cortland Park, Bronx, N.Y.</td>
</tr>
<tr>
<td>2005</td>
<td>Andrew Lemoncello</td>
<td>21st/30:07.5</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2010</td>
<td>Ciaran O’Lionaird</td>
<td>18th/30:14.0</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2010</td>
<td>Michael Fout</td>
<td>28th/30:20.9</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2011</td>
<td>David Forrester</td>
<td>16th/29:40.6</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2011</td>
<td>Michael Fout</td>
<td>32nd/29:59.2</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2012</td>
<td>Jakub Zivec</td>
<td>21st/29:47.7</td>
<td>E.P “Tom” Sawyer Park, Louisville, Ky.</td>
</tr>
<tr>
<td>2012</td>
<td>Breandan O Neill</td>
<td>28th/29:52.7</td>
<td>E.P. “Tom” Sawyer Park, Louisville, Ky.</td>
</tr>
</tbody>
</table>

Above, Mike Fout pushes his way to finish line at the 2010 NCAA Championships, where the Seminoles posted a program-best runner-up finish. A one-time Foot Locker national champion, Fout finished 28th that season to earn All-American honors. A year later he placed 32nd for the Noles, becoming the first two-time All-American in program history. At the left, then FSU coach John Brogle coaxes a congratulatory smile from Herb Wills, who became the second cross country All-American for the Seminoles in 1981 with 16th-place finish. A member of the first FSU team to advance to the championships, Wills and his teammates placed eighth, which is the third-best finish all-time for the Noles.
Women's All-Time All-Americans

Darien Andreu
1981

Vicky Gill
2002, 2003

Natalie Hughes
2003

Susan Kuijken
2006-2009

Barbara Parker
2007

Pilar McShine
2008, 2010

Lesley Van Meirt
2008

Pasca Cheruiyot
2009, 2010

Amanda Winslow

Jessica Parry
2010

Hannah Brooks
2011

Violah Lagat
2012

Colleen Quigley
2012, 2013, 2014

FSU All-American Performances

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<th>Year</th>
<th>Athlete</th>
<th>Place/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1981</td>
<td>Darien Andreu</td>
<td>20th / 18:28</td>
<td>Highland Golf Course, Pocatello, Idaho#</td>
</tr>
<tr>
<td>2002</td>
<td>Vicky Gill</td>
<td>15th / 20:07.4</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2003</td>
<td>Vicky Gill</td>
<td>11th / 20:08.5</td>
<td>Irv Warren Golf Course, Waterloo, Iowa</td>
</tr>
<tr>
<td>2003</td>
<td>Natalie Hughes</td>
<td>43rd / 20:50.1</td>
<td>Irv Warren Golf Course, Waterloo, Iowa</td>
</tr>
<tr>
<td>2006</td>
<td>Susan Kuijken</td>
<td>27th / 21:17.1</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2007</td>
<td>Susan Kuijken</td>
<td>3rd / 19:57.2</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2007</td>
<td>Barbara Parker</td>
<td>7th / 20:17.9</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2008</td>
<td>Susan Kuijken</td>
<td>2nd / 19:34.9</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2008</td>
<td>Pilar McShine</td>
<td>29th / 20:34.5</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2008</td>
<td>Lesley Van Meirt</td>
<td>38th / 20:41.7</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2009</td>
<td>Susan Kuijken</td>
<td>3rd / 19:57.7</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2009</td>
<td>Pasca Cheruiyot</td>
<td>16th / 20:22.2</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2009</td>
<td>Amanda Winslow</td>
<td>39th / 20:43.7</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2010</td>
<td>Pilar McShine</td>
<td>29th / 20:24.4</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2010</td>
<td>Pasca Cheruiyot</td>
<td>17th / 20:30.7</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2010</td>
<td>Jessica Parry</td>
<td>22nd / 20:38.3</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2011</td>
<td>Hannah Brooks</td>
<td>28th / 20:18.1</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2011</td>
<td>Amanda Winslow</td>
<td>34th / 20:24.3</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2012</td>
<td>Violah Lagat</td>
<td>11th / 19:52.7</td>
<td>E.P. &quot;Tom&quot; Sawyer Park, Louisville, Ky.</td>
</tr>
<tr>
<td>2012</td>
<td>Amanda Winslow</td>
<td>17th / 20:02.4</td>
<td>E.P. &quot;Tom&quot; Sawyer Park, Louisville, Ky.</td>
</tr>
<tr>
<td>2013</td>
<td>Colleen Quigley</td>
<td>6th / 20:11.3</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2014</td>
<td>Colleen Quigley</td>
<td>23rd / 20:29.9</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
</tbody>
</table>

# - AIAW All-American
CoSIDA Academic All-Americans

2004-05 Tom Lancashire (2nd team)
2005-06 Tom Lancashire (1st team)
2006-07 Tom Lancashire (2nd team)
2008-09 Susan Kuijken (1st team)
2010-11 Ciaran O’Lionaird (3rd team)
2011-12 Hannah Brooks (1st team)
2012-13 Amanda Winslow (3rd team)
2013-14 Colleen Quigley (2nd team)
2014-15 Colleen Quigley (2nd team)

2015-16 Chelsea Jarvis
Linden Hall
2014-15 Colleen Quigley
Hannah Walker
Linden Hall
2013-14 Jakub Zivec
Colleen Quigley
Amanda Winslow
2012-13 Amanda Winslow
2011-12 Hannah Brooks
2010-11 Ciaran O’Lionaird
2008-09 Susan Kuijken
2006-07 Tom Lancashire
2005-06 Tom Lancashire
2004-05 Tom Lancashire

2014-15 Colleen Quigley (2nd team)
2013-14 Colleen Quigley (2nd team)
2012-13 Amanda Winslow (3rd team)
2011-12 Hannah Brooks (1st team)
2010-11 Ciaran O’Lionaird (3rd team)
2008-09 Susan Kuijken (1st team)
2006-07 Tom Lancashire (2nd team)
2005-06 Tom Lancashire (1st team)
2004-05 Tom Lancashire

Tom Lancashire is FSU cross country’s lone three-time CoSIDA Academic All-American.

CoSIDA Academic All-District

2004-05 Tom Lancashire
2005-06 Tom Lancashire
2006-07 Tom Lancashire
Andrew Lemoncello
2007-08 Lydia Willemse
2008-09 Susan Kuijken
2010-11 Ciaran O’Lionaird
2011-12 Hannah Brooks
2012-13 Amanda Winslow
2013-14 Jakub Zivec
College Quigley
2013-14 Jakub Zivec
College Quigley
Linden Hall
2014-15 Colleen Quigley
Linden Hall
2015-16 Chelsea Jarvis
2016-17 Shaquina Dorsett

USTFCCCA All-Academic Teams

WOMEN
1996 Florida State (3.29)
1999 Florida State (3.25)
2000 Florida State (3.27)
2002 Florida State (3.13)
2006 Florida State (3.29)
2007 Florida State (3.29)
2010 Florida State (3.06)
2011 Florida State (3.33)
2012 Florida State (3.34)
2013 Florida State (3.37)
2014 Florida State (3.36)
2015 Florida State (3.28)
2016 Florida State (3.36)
2017 Florida State (3.48)

MEN
1996 Florida State (3.09)
2010 Florida State (3.11)
2011 Florida State (3.13)
2012 Florida State (3.21)
2013 Florida State (3.14)
2014 Florida State (3.00)
2017 Florida State (3.17)

Note: team grade-point averages in parentheses.

All-ACC Academic

WOMEN
2005 Laura Bowerman
Abi Wilshire
2006 Amy Huss
Abi Wilshire
2007 Hannah England
Kirsten Hagen
Susan Kuijken
Lydia Willemse
2008 Lydia Willemse
Lesley Van Miert
2009 Susan Kuijken
Pascha Cheruiyot
Jennifer Dunn
Jessica Parry
Amanda Winslow
2010 Jennifer Dunn
Pascha Cheruiyot
Pilar McShine
Jessica Parry
Hannah Brooks
Amanda Winslow
2011 Hannah Brooks
Amanda Winslow
Jessica Parry
Colleen Quigley
Kayleigh Tyerman
Aubree Worden
2012 Jennifer Dunn
Jessica Parry
Colleen Quigley
Kayleigh Tyerman
Amanda Winslow
2013 Colleen Quigley
Linden Hall
Pippa Woolven
2014 Colleen Quigley
Linden Hall
Pippa Woolven
Georgia Peel

MEN
2005 Tom Lancashire
Andrew Lemoncello
Phil Nichols
2006 Tom Lancashire
Andrew Lemoncello
2009 Matt Leeder
2010 Ciaran O’Lionaird
Michael Fout
2011 Michael Fout
Seth Proctor
2012 Seth Proctor
Paul Lagno
Jakub Zivec
2013 Kevin Johnson
Jakub Zivec
2014 Antony Taylor
Otniel Teixeira
Tyler Udland
2015 Bryce Kelley
Stanley Linton
2016 Bryce Kelley
Steven Cross
2017 David Barney
Stanley Linton
Istvan Szogi

USTFCCCA All-Academic

WOMEN
2000 Brooke Bastien
2005 Abi Wilshire
2006 Debbie Huss
2007 Audrey Hand
Kirsten Hagen
Lydia Willemse
2008 Lydia Willemse
2009 Jennifer Dunn
2010 Hannah Brooks
Jennifer Dunn
Jessica Parry
Amanda Winslow
2011 Hannah Brooks
Amanda Winslow
Jessica Parry
Colleen Quigley
Kayleigh Tyerman
Aubree Worden
2012 Jennifer Dunn
Jessica Parry
Colleen Quigley
Kayleigh Tyerman
Amanda Winslow
2013 Colleen Quigley
Linden Hall
Pippa Woolven
Georgia Peel

MEN
2000 Stanley Linton
2004-05 Tom Lancashire
2005-06 Tom Lancashire
2006-07 Tom Lancashire
Andrew Lemoncello
2007-08 Lydia Willemse
2008-09 Susan Kuijken
2006-07 Tom Lancashire
2005-06 Tom Lancashire
2004-05 Tom Lancashire

2015 Carmela Cardama Baez
Christine Griggs
Georgia Peel
2016 Carmela Cardama Baez
Catherine Blaney
2017 Emily Edwards
Jodie Judd
Militza Mircheva

NCAA Woman of the Year

Amanda Winslow 2013 Top 30
Colleen Quigley 2015 Finalist
2017 Emily Edwards
Jodie Judd
Militza Mircheva

All-ACC Academic

WOMEN
2005 Laura Bowerman
Abi Wilshire
2006 Amy Huss
Abi Wilshire
2007 Hannah England
Kirsten Hagen
Susan Kuijken
Lydia Willemse
2008 Lydia Willemse
Lesley Van Miert
2009 Susan Kuijken
Pascha Cheruiyot
Jennifer Dunn
Jessica Parry
Amanda Winslow
2010 Jennifer Dunn
Pascha Cheruiyot
Pilar McShine
Jessica Parry
Hannah Brooks
Amanda Winslow
2011 Hannah Brooks
Amanda Winslow
Jessica Parry
Colleen Quigley
Kayleigh Tyerman
Aubree Worden
2012 Jennifer Dunn
Jessica Parry
Colleen Quigley
Kayleigh Tyerman
Amanda Winslow
2013 Colleen Quigley
Linden Hall
Pippa Woolven
2014 Colleen Quigley
Linden Hall
Pippa Woolven
Georgia Peel

MEN
2005 Tom Lancashire
Andrew Lemoncello
Phil Nichols
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2011 Michael Fout
Seth Proctor
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Paul Lagno
Jakub Zivec
2013 Kevin Johnson
Jakub Zivec
2014 Antony Taylor
Otniel Teixeira
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2015 Bryce Kelley
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2016 Bryce Kelley
Steven Cross
2017 David Barney
Stanley Linton
Istvan Szogi
While women’s athletics had held a rich tradition in Tallahassee since the early 1900’s when Florida State was the Florida State College for Women, the 2018-19 season marks the 50th Anniversary of a continuous women’s intercollegiate program at FSU.

Since volleyball took the floor in 1968 as the first-ever women’s intercollegiate sport for the Seminoles, FSU has been a national leader in promoting and supporting women’s athletics.

Florida State has won seven national championships over the last 50 years. Softball earned back-to-back AIAW (Association for Intercollegiate Athletics for Women) national titles in 1984-85 and captured the 2018 NCAA Title just months ago. Golf won the AIAW national title in 1981, and track & field the NCAA National Championship at the 1984 outdoor meet and 1985 indoors. Soccer won the 2014 NCAA National Championship.

A year-long celebration will launch with the “Garnet And Golden Celebration” on September 2. All event dates and details will be posted at Seminoles.com/50th and on social media utilizing the hashtag #GarnetAndGolden.

FSU Hall of Famer’s Gabrielle Reece and Billie Jones unveiled the logo used during the 30-year celebration of Seminole women’s athletics during the 1997-98 season.

By the 1975-76 season, Florida State University sponsored seven women’s intercollegiate teams.

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- In 1968, the volleyball team was the first women’s intercollegiate team.
- FSU added women’s track and field as an intercollegiate sport in 1968.
- Basketball’s first season at Florida State was 1970.
- The Lady Seminole logo was the symbol for FSU women’s athletics.
- While women’s athletics had held a rich tradition in Tallahassee since the early 1900’s when Florida State was the Florida State College for Women, the 2018-19 season marks the 50th Anniversary of a continuous women’s intercollegiate program at FSU.
- The 1981 season marked the first of two straight AIAW National Championships for the softball program in slowpitch format.
- Women’s golf delivered FSU’s second national title winning the 1981 AIAW National Championship with a team that produced three future LPGA stars.
- Softball’s Darby Cottle, a two-time All-American, was named slowpitch National Player of the Year in 1982.

FSU Hall of Famer’s Gabrielle Reece and Billie Jones unveiled the logo used during the 30-year celebration of Seminole women’s athletics during the 1997-98 season.

1968-73
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1974-78
- The Lady Seminole logo was the symbol for FSU women’s athletics from 1974-75 through 2001.

1979-83
- Sharon Spuler and Lenor Gribble combined to record 21 All-America performances in swimming.
- The 1981 season marked the first of two straight AIAW National Championships for the softball program in slowpitch format.
- Women’s golf delivered FSU’s second national title winning the 1981 AIAW National Championship with a team that produced three future LPGA stars.
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- The Lady Seminole logo was the symbol for FSU women’s athletics from 1974-75 through 2001.

1979-83
- Sharon Spuler and Lenor Gribble combined to record 21 All-America performances in swimming.
- The 1981 season marked the first of two straight AIAW National Championships for the softball program in slowpitch format.
- Women’s golf delivered FSU’s second national title winning the 1981 AIAW National Championship with a team that produced three future LPGA stars.
- Softball’s Darby Cottle, a two-time All-American, was named slowpitch National Player of the Year in 1982.
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Basketball earns

players to NCAA

Jane Geddes

Marita Payne becomes the first FSU alum to win

FSU's track & field team brought home the NCAA

Sue Galkantas is

the first FSU alum to win

All-American

d and FSU Hall of

A new era of Florida State athletics began in 1995

The first female

Florida State broke ground on a new soccer/

FSU's track & field team brought home the NCAA Outdoor National Title in 1984 and the NCAA Indoor Title in 1985.

Marita Payne becomes the first FSU alum to win an Olympic medal

In 1987, Softball advances to the WCWS for the first time

Jane Geddes becomes first FSU golfer inducted into the FSU Hall of Fame

1984-88

- Sue Galkantas sets career scoring mark with 2,323 points - the most scored by a male or female basketball player in FSU history.

- FSU's track & field team brought home the NCAA Outdoor National Title in 1984 and the NCAA Indoor Title in 1985.

- In 1987, Softball advances to the WCWS for the first time

- Jane Geddes becomes first FSU golfer inducted into the FSU Hall of Fame

- Volleyball’s Gabrielle Reese led FSU to three Metro Championships and went on to captain Team Nike in the pros. She is one of the top personalities in women’s sports, and her jersey will be retired this season.

- In 1989, Randy Givens became track & field’s first FSU Hall of Fame inductee

- Kathy Grant won the 1990 Metro Conference golf championship.

- The basketball team won the 1991 Metro Championship and earned the program’s first NCAA tournament win.

- Softball earned its first of 16 ACC Tournament Championships on its way to recording a program-best 63-3 season.

- In 1993, Laura Randmaa and Audra Brannon became first tennis All-Americans

1989-93

- All-American and FSU Hall of Fame member Lori Sowell gave FSU its best-ever individual performance at the NCAA Tennis Championships when she reached the third round in 1996.

- Shamalene Wilson’s hall of fame career included her selection as ACC Softball Player of the Year and first-team All-America honors.

1994-98

- A new era of Florida State athletics began in 1995 with the addition of women’s soccer.

- The first female “jersey” retired in FSU track & field history is that of nine-time All-American Kim Batten who set the world record in the 400-meters and won a silver medal in the 1996 Olympics.


50 YEARS OF MILESTONES

1983

- Tennis sends first players to NCAA Tournament

- Basketball earns first NCAA bid

1984

- Track wins NCAA Outdoor Championship

- Brenda Moore wins first Metro Golf XC Title

1985

- Track wins NCAA Indoor Championship

1986

- Softball advances to WCWS for the first time

- Marge Kessel first from volleyball elected to FSU HOF

1987

- Sue Galkantas in first HOF inductee from basketball

1988

- Basketball wins first NCAA Tournament bid (fastpitch)

1989

- Basketball wins first NCAA Tournament game

1990

- Michelle Finn (track) in first FSU alum to win an Olympic gold medal

1991

- Michelle Finn (track) in first FSU alum to win an Olympic gold medal

1992

- Scott Speicher Tennis Center dedicated

- Michelle Finn & Audra Brannon become first tennis All-Americans

1993

- Lori Sowell gives FSU its best-ever season

1994

- Hall of Fame softball coach John Graf records 900th victory

1995

- Scott Schricker Tennis Center dedicated

1996

- Hall of Fame soccer team

1997

- Hall of Fame Softball Coach

1998

- Florida State breaks ground on new soccer/softball complex
1999-05
- Latavia Coleman became the first FSU female drafted into a professional sport by the WNBA in 2000
- Amanda Santos is named All-America in 2004 becoming FSU's first in volleyball

2006-08
- Swimming & Diving wins its first ACC Championship in 2006
- Mami Yamaguchi wins the 2007 MAC Hermann Trophy and her soccer jersey is the first retired in the sport in 2016.

50 YEARS OF MILESTONES

2000
- Tuffy Gym floor dedicated to Lucy McDaniel (Nov. 2)
- Golf begins streak of 18 straight seasons with an All-ACC player.

2010
- Basketball reaches first NCAA Sweet 16 in 2007
- The Morcom Aquatics Center opens in 2008 providing a state-of-the-art facility for FSU’s swimming and diving programs.

2011
- JoAnne Graf retires in 2008 as the winningest coach in college softball history (1,437-478-6)

2012
- Bev Burnett becomes basketball's fifth in MWD

1999-05
- Jessica van der Linden capped a remarkable softball career by being named USA Softball National Player of the Year
- Mark Krikorian is named 2005 Soccer America National Coach of the Year
- Jennifer Hyde, who is now FSU’s all-time winningest women’s tennis coach, is hired in 2005

2006-08
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FSU HALL OF FAME INDUCTEES

Cindy Schofield 2013 Soccer
Indra Trotter 2017 Soccer
Susan Painter 2000 Softball
Shameleone Wilson-Broner 2002 Softball
Lisa Davidson 2005 Softball
Jolie Larson-Baker 1995 Softball
Barby Castle Vezzey 1999 Softball
Brandi Stuart 2015 Softball
Jessica van der Linden 2014 Softball
Jan Sikes 2008 Softball
JoAnne Graf 2013 Softball
Danielle Cox 2009 Softball
Ernie Stock 2016 Swimming and Diving
Wanda Burns 2006 Basketball
Tia Pascual 1999 Basketball
Brooke Wykoff 2011 Basketball
Sue Galkantas 1989 Basketball
Latavia Coleman 2003 W. Tennis
Colleen Walker 1997 W. Tennis
Lori Sowell 2003 W. Tennis
Latavia Coleman 2001 W. Tennis
Audra Brannon 2007 W. Tennis
Tonya Carter 2010 Track and Field
Randy Owens 1989 Track and Field
Michelle Finn 1990 Track and Field
Marita Payne 1991 Track and Field
Kim Batten 1997 Track and Field
Angela Wright 2001 Track and Field
Holly Kelly 2004 Track and Field
Lacy Janson 2016 Track and Field
Vicky Gill 2015 Track and Field
Esmeralda Garcia 2015 Track and Field
Brenda Clete 2007 Track and Field
Tenja Brown 2011 Track and Field
Margie Wessels Scott 1988 Volleyball
Maggie Philiponc 1998 Volleyball
Gabrielle Reese 1997 Volleyball
Sally Summer 2018 Volleyball
Cecile Reynaud 2009 Volleyball
Karyn Palgut 2011 Volleyball
Dr. Billie Jones 1998 Volleyball/Softball

FSU Softball alumnae include 4 All-Americans, 4 first-time All Americans, 1 national player of the year, and 2 national coach of the year.
2010-14

- The 2010 NCAA Elite Eight run marked basketball's deepest run in the NCAA Tournament to date.
- Beach (then called sand) volleyball reached the 2012 AVCA National Championship match.

2015-PRESENT

- Basketball head coach Sue Semrau is named the Associated Press National Coach of the Year
- Colleen Quigley and Kala Funderburk win NCAA Outdoor titles in the steeplechase and 400, respectively
- Legendary volleyball coach Cecile Reynaud inducted into AVCA Hall of Fame in 2017
- Shakayla Thomas becomes FSU’s ACC Player of the Year in basketball 2017.
- Beach volleyball reaches the NCAA National Championship match in 2018 (also in 2016) and finish runner-up to UCLA

- The 2018 FSU tennis team advances to the NCAA Elite Eight for the first time in school history.
- Morgan Metraux’s fifth place finish at the 2018 NCAA Golf Championships is best individual finish in FSU history
- Softball wins four straight elimination games to take the programs first NCAA National Championship in 2018. Jessie Warren is named MVP.

2014

- Soccer wins the 2014 NCAA National Championship
- Sara Linke becomes first swimmer inducted into FSU Hall of Fame
- Lacey Waldrop named 2014 USA Softball National Player of the Year

2017

- Basketball records best-ever season at 32-5
- Golf wins FSU record six ACC tournaments
- Track & Field wins third ACC Indoor title

2018

- Golf competes in 13th straight NCAA
- Softball wins NCAA Championship
- Meghan King posts lowest ERA in WCWS history
2018 Schedule

Aug. 31    at Covered Bridge Open
Sept. 14   at Boston University
Sept. 22   at Mountain Dew Invitational
Sept. 28   at Joe Piane Notre Dame Invitational
Oct. 12    FSU Invitational
Oct. 13    at Wisconsin Pre-Nationals
Oct. 20    at Georgia College Bobcat Invitational
Oct. 26    at ACC Championships
Nov. 9     NCAA South Region Championships
Nov. 17    at NCAA Championships