

Report - M Outdoor Track & Field 2009-2010

100 Meters

Name	Date	Site	Time
Maurice Mitchell, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	00:10.11* (+2.8)
David Ambler, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	00:10.37* (+2.6)
David Ambler, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	00:10.37* (+3.7)
Maurice Mitchell, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	00:10.42* (-0.9)
Logan Brafford, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	00:10.75* (+2.1)

200 Meters

Name	Date	Site	Time
Maurice Mitchell, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	00:20.25* (+2.1)
Brandon Byram, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	00:20.52* (+2.2)
Maurice Mitchell, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	00:20.83* (-1.4)
David Ambler, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	00:21.46* (+2.6)
Logan Brafford, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	00:22.10* (+0.6)
Andrew Jacobs, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	00:22.40* (-0.9)

400 Meters

Name	Date	Site	Time
Kevin Borlee, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	00:45.93
Pablo Navarrete, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	00:47.91
Jair Francis, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	00:50.50
Lucas Stowers, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	00:54.15
Lucas Stowers, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	00:58.23

800 Meters

Name	Date	Site	Time
Nathan Duby, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	01:50.95
Nathan Duby, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	01:51.03
Darrin Gibson, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	01:51.28
Darrin Gibson, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	01:51.29
David Forrester, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	01:51.46
Darrin Gibson, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	01:51.81
Nathan Duby, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	01:52.01
Nathan Duby, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	01:52.29
Nathan Duby, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	01:54.10
Darrin Gibson, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	01:54.14

Daniel Silva, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	01:57.04
Daniel Silva, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	01:57.92

1,500 Meters

Name	Date	Site	Time
David Forrester, FS	05/01/2010	Payton Jordan Cardinal Invitational - Stanford, Calif.	03:43.32
Nathan DUBY, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	03:51.78
Justin Harbor, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	03:54.30
David Forrester, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	03:54.32
Nathan DUBY, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	03:55.42
Nathan DUBY, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	03:56.03
David Huckaby, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	03:58.28
David Huckaby, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	03:58.71
David Huckaby, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	03:59.68
David Huckaby, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	04:03.10

5,000 Meters

Name	Date	Site	Time
Mike Fout, FS	05/01/2010	Payton Jordan Cardinal Invitational - Stanford, Calif.	14:01.25
Matt Leeder, FS	05/01/2010	Payton Jordan Cardinal Invitational - Stanford, Calif.	14:04.18
David Forrester, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	14:29.71
Matt Leeder, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	14:30.13
Nicholas Maedel, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	14:34.96
Mike Fout, FS	03/25/2010-03/27/2010	Stanford Invitational - Palo Alto, Calif.	14:35.81
Wes Rickman, FS	03/25/2010-03/27/2010	Stanford Invitational - Palo Alto, Calif.	14:35.81
Mike Fout, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	14:38.69
Wes Rickman, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	14:41.85
Wes Rickman, FS	04/22/2010-04/24/2010	Penn Relays - Philadelphia, Pa.	15:03.12
Jacob Brooks, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	15:21.42

10,000 Meters

Name	Date	Site	Time
Matt Leeder, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	30:08.50
Mike Fout, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	30:14.02
Jacob Brooks, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	30:58.89
Jacob Brooks, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	31:13.01
Tyler Price, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	31:53.74

110 Meter Hurdles

Name	Date	Site	Time
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Gonzalo Barroilhet, FS 04/15/2010-04/17/2010 ACC Outdoor Championships - Clemson, S.C. 00:14.48* (+2.8)

Gonzalo Barroilhet, FS 04/02/2010-04/03/2010 Florida Relays - Gainesville, Fla. 00:14.73* (-0.5)

4x100 Meter Relay

School	Date	Site	Time
Florida State	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	00:39.77
Florida State	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	00:39.89

4x400 Meter Relay

School	Date	Site	Time
Florida State	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	03:06.93
Florida State	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	03:08.90

400 Meter Hurdles

Name	Date	Site	Time
Andrew Jacobs, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	00:53.37
Andrew Jacobs, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	00:53.93
Andrew Jacobs, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	00:54.10
Pablo Navarrete, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	00:54.11
Pablo Navarrete, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	00:54.31
Andrew Jacobs, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	00:54.35
Andrew Jacobs, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	00:54.41
Pablo Navarrete, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	00:55.28
Colin Lomagistro, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	00:55.91
Pablo Navarrete, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	00:56.19

High Jump

Name	Date	Site	Score
Marlon Woods, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	06-10.75 / 2.10m
Andrew Bachelor, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	06-10.25 / 2.09m
Marlon Woods, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	06-08.75 / 2.05m
Gonzalo Barroilhet, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	06-04.75 / 1.95m

Long Jump

Name	Date	Site	Score
Marlon Woods, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	26-02.75 / 7.99m* (+1.5)
Brian Chibudu, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	24-11.75 / 7.61m* (-0.7)
Ngonidzashe Makusha, FS	04/02/2010-04/03/2010	Texas Relays - Austin, Texas	24-09.00 / 7.54m* (+1.7)
Marlon Woods, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	24-07.75 / 7.51m

Marlon Woods, FS	04/02/2010-04 /03/2010	Texas Relays - Austin, Texas	24-06.50 / 7.48m* (+2.6)
William Steele, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	22-00.75 / 6.72m* (+1.0)
Andrew Bachelor, FS	03/25/2010-03 /27/2010	FSU Relays - Tallahassee, Fla.	16-08.75 / 5.10m

Triple Jump

Name	Date	Site	Score
William Steele, FS	04/15/2010-04 /17/2010	ACC Outdoor Championships - Clemson, S.C.	50-04.75 / 15.36m* (+5.0)
William Steele, FS	03/25/2010-03 /27/2010	FSU Relays - Tallahassee, Fla.	48-06.00 / 14.78m* (-2.3)
Marlon Woods, FS	04/15/2010-04 /17/2010	ACC Outdoor Championships - Clemson, S.C.	47-10.50 / 14.59m* (+4.4)
Aaron Steele, FS	03/05/2010-03 /06/2010	UNF Spring Break Open - Jacksonville, Fla.	47-08.50 / 14.54m* (+0.6)
Marlon Woods, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	47-05.75 / 14.47m

Discus

Name	Date	Site	Score
Michael Putman, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	183-04.00 / 55.88m
Michael Putman, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	178-06.00 / 54.41m
Michael Putman, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	178-04.00 / 54.36m
Michael Putman, FS	04/02/2010-04/03/2010	Texas Relays - Austin, Texas	175-09.00 / 53.57m
Sharif Small, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	145-11.00 / 44.48m
Mark Brown, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	145-09.00 / 44.42m
Sharif Small, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	145-04.00 / 44.30m
Sharif Small, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	142-03.00 / 43.36m
Mark Brown, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	142-01.00 / 43.31m
Mark Brown, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	136-11.00 / 41.73m
Trevor Andrews, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	131-02.00 / 39.98m
Travis Whitfield, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	124-11.00 / 38.07m

Hammer Throw

Name	Date	Site	Score
Travis Whitfield, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	194-08.00 / 59.33m
Travis Whitfield, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	194-03.00 / 59.21m
Travis Whitfield, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	193-08.00 / 59.03m
Travis Whitfield, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	192-07.00 / 58.70m
Travis Whitfield, FS	04/02/2010-04/03/2010	Texas Relays - Austin, Texas	187-01.00 / 57.02m

Travis Whitfield, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	184-10.00 / 56.34m
Trevor Andrews, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	159-03.00 / 48.54m
Trey Andrews, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	154-00.00 / 46.94m
Trevor Andrews, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	150-07.00 / 45.90m
Trevor Andrews, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	148-01.00 / 45.14m

Javelin

Name	Date	Site	Score
Bryan Howard, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	208-05.00 / 63.53m
Bryan Howard, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	207-08.00 / 63.30m
Bryan Howard, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	206-10.00 / 63.04m
Bryan Howard, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	201-06.00 / 61.42m
Bryan Howard, FS	04/02/2010-04/03/2010	Texas Relays - Austin, Texas	201-04.00 / 61.37m
Gonzalo Barroilhet, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	185-04.00 / 56.49m
Colin Lomagistro, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	131-05.00 / 40.06m

Shot Put

Name	Date	Site	Score
Michael Putman, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	60-11.25 / 18.57m
Michael Putman, FS	04/02/2010-04/03/2010	Texas Relays - Austin, Texas	59-06.25 / 18.14m
Michael Putman, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	59-02.25 / 18.04m
Michael Putman, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	56-03.75 / 17.16m

Pole Vault

Name	Date	Site	Score
Andrew Lahaye, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	16-02.75 / 4.95m
Gonzalo Barroilhet, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	16-00.75 / 4.90m
Andrew Lahaye, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	15-11.25 / 4.86m
Andrew Lahaye, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	15-07.00 / 4.75m
Charles Janson, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	14-07.25 / 4.45m
Charles Janson, FS	03/13/2010	FAMU Relays - Tallahassee, Fla.	14-06.00 / 4.42m
Charles Janson, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	14-05.50 / 4.41m
Warren Harper, FS	03/13/2010	FAMU Relays - Tallahassee, Fla.	14-00.00 / 4.27m
Charles Janson, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	13-09.25 / 4.20m
Andrew Lahaye, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	12-11.50 / 3.95m

Decathlon

Name	Date	Site	Score
Colin Lomagistro, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	4986

* denotes wind velocity

Report - W Outdoor Track & Field 2009-2010

100 Meters

Name	Date	Site	Time
Marecia Pemberton, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	00:11.12* (+3.5)
Marecia Pemberton, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	00:11.20* (+3.1)
Teona Rodgers, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	00:11.34* (+3.5)
Marecia Pemberton, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	00:11.41* (+1.1)
Danielle Jeffrey, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	00:11.61* (+2.5)
Danielle Jeffrey, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	00:11.62* (+1.1)
Danielle Jeffrey, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	00:11.71* (+1.6)
Danielle Jeffrey, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	00:11.73* (+3.3)
Cinnamon Johnson, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	00:12.28* (+0.9)
LaSonya Rodgers, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	00:12.32* (+0.7)
LaSonya Rodgers, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	00:12.38* (+1.1)
LaSonya Rodgers, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	00:12.39* (+0.8)
LaSonya Rodgers, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	00:12.46* (+2.1)

200 Meters

Name	Date	Site	Time
Teona Rodgers, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	00:22.81* (+5.5)
Candyce McGrone, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	00:23.00* (+5.5)
Candyce McGrone, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	00:23.16* (+0.3)
Teona Rodgers, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	00:23.32* (+2.9)
Teona Rodgers, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	00:24.06* (-2.9)
Danielle Jeffrey, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	00:24.20* (+2.8)
Cinnamon Johnson, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	00:24.92* (+3.1)
Destini Foster, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	00:24.92* (-0.8)
Latera Davis, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	00:25.08* (+2.3)
LaSonya Rodgers, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	00:25.19* (+3.3)
Cinnamon Johnson, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	00:25.37* (+2.3)
LaSonya Rodgers, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	00:25.60* (-3.3)
LaSonya Rodgers, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	00:25.72* (-2.6)
Briana Emanuel, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	00:26.09* (-0.3)
Briana Emanuel, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	00:26.60* (-0.9)

400 Meters

Name	Date	Site	Time
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Brittany St. Louis, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	00:53.84
Brittany St. Louis, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	00:54.32
Latera Davis, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	00:56.92
Latera Davis, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	00:57.10
Dayonne Rollins, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	00:57.19
Latera Davis, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	00:57.22
Cinnamon Johnson, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	00:57.58
Dayonne Rollins, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	00:57.76
Cinnamon Johnson, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	00:58.40
Cinnamon Johnson, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	00:58.41
Cinnamon Johnson, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	00:58.62

800 Meters

Name	Date	Site	Time
Lyndsey Spragins, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	02:19.60
Katherine McMeekin, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	02:23.17
Janevah Porter, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	02:24.70
Arica Halila, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	02:39.43
Elizabeth Gerrity, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	02:40.33
Kaylie Belcik, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	02:44.75
Brittany Hilliker, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	02:50.03

1,500 Meters

Name	Date	Site	Time
Amanda Winslow, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	04:29.86
Jennifer Dunn, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	04:30.11
Pilar McShine, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	04:31.38
Jennifer Dunn, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	04:32.10
Bree McArdle, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	04:33.28
Bree McArdle, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	04:35.21
Amanda Quick, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	04:37.80
Emily Ness, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	04:39.39
Andrea Palen, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	04:43.67
Lyndsey Spragins, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	04:48.13
Katherine McMeekin, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	04:49.34
Christina Woytalewicz, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	04:51.12
Lyndsey Spragins, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	04:51.58
Kacey Gibson, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	04:52.21

Katherine McMeekin, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	04:53.90
Kara Taylor, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	05:01.42
Kara Taylor, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	05:05.60
Janevah Porter, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	05:12.30
Erika Charlassier, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	05:22.95
Elizabeth Gerrity, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	05:25.98
Janevah Porter, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	05:26.30
Arica Halila, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	05:29.19
Elizabeth Gerrity, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	05:31.39
Nicole Kenna, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	05:32.11
Ashley Calhoun, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	05:33.22
Ashley Calhoun, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	05:34.67
Brittany Hilliker, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	05:37.24
Arica Halila, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	05:44.00
Kaylie Belcik, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	05:44.26
Brittany Hilliker, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	05:57.49

3,000 Meters

Name	Date	Site	Time
Pilar McShine, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	09:18.29
Amanda Winslow, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	09:32.74
Pasca Cheruiyot, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	09:36.19
Andrea Palen, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	09:49.96
Christina Woytalewicz, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	10:29.20

5,000 Meters

Name	Date	Site	Time
Pasca Cheruiyot, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	16:21.12
Pasca Cheruiyot, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	16:38.53
Andrea Palen, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	17:10.95
Emily Ness, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	17:34.43
Christina Woytalewicz, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	17:38.96
Bree McArdle, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	17:42.63
Kara Taylor, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	18:11.17
Kacey Gibson, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	18:20.21
Lauren Switzer, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	18:45.20
Mary Catharine Fleming, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	19:12.87
Kara Taylor, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	19:14.23

Lauren Switzer, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	19:25.97
Mary Catharine Fleming, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	19:28.91
Erika Charlassier, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	20:19.72
Nicole Kenna, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	20:51.87

10,000 Meters

Name	Date	Site	Time
Pasca Cheruiyot, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	34:57.79
Andrea Palen, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	35:05.07

Steeplechase

Name	Date	Site	Time
Jennifer Dunn, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	10:26.03
Jennifer Dunn, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	10:32.25
Amanda Quick, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	10:35.60
Emily Ness, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	11:05.82

100 Meter Hurdles

Name	Date	Site	Time
Teona Rodgers, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	00:13.69
Valerie Flournoy, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	00:13.76* (+0.4)
Valerie Flournoy, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	00:13.85* (+1.2)
Valerie Flournoy, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	00:14.03* (+1.4)
Valerie Flournoy, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	00:14.04* (+2.0)
Valerie Flournoy, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	00:14.19* (+3.5)
Valerie Flournoy, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	00:14.31* (-1.1)
Sarah Mackey, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	00:15.20* (+3.4)
Sarah Mackey, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	00:15.23* (-0.2)
Sarah Mackey, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	00:17.81

4x100 Meter Relay

School	Date	Site	Time
Florida State	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	00:44.30
Florida State	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	00:44.57
Florida State	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	00:44.59
Florida State	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	00:44.72

4x400 Meter Relay

School	Date	Site	Time
Florida State	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	03:42.74
Florida State	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	03:46.07

Florida State 03/19/2010 Bulls Invitational - Tampa, Fla. 03:49.60

Florida State 04/15/2010-04/17/2010 ACC Outdoor Championships - Clemson, S.C. 03:50.46

High Jump

Name	Date	Site	Score
Michelle Cullum, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	05-00.25 / 1.53m
Margo Zwerling, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	05-00.25 / 1.53m

Long Jump

Name	Date	Site	Score
Amy Harris, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	20-05.25 / 6.23m
Amy Harris, FS	04/02/2010-04/03/2010	Texas Relays - Austin, Texas	20-04.50 / 6.21m* (+1.2)
Kim Williams, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	19-05.50 / 5.93m* (+0.5)
Kim Williams, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	19-05.25 / 5.92m* (-1.2)
Michelle Jenije, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	17-10.75 / 5.45m* (-0.1)
Michelle Jenije, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	17-10.25 / 5.44m* (-0.6)
Sarah Mackey, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	17-06.25 / 5.34m* (+0.3)
Sarah Mackey, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	17-00.00 / 5.18m* (+0.4)
Sarah Mackey, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	16-04.25 / 4.98m* (-1.6)

Triple Jump

Name	Date	Site	Score
Kim Williams, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	44-04.25 / 13.52m* (+0.2)
Kim Williams, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	44-02.50 / 13.47m* (+6.3)
Michelle Jenije, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	41-10.00 / 12.75m* (+3.9)
Michelle Jenije, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	41-01.50 / 12.53m* (-0.1)
Tiara Swanagan, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	40-09.50 / 12.43m* (+2.1)
Michelle Jenije, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	40-09.00 / 12.42m* (-0.2)
Amy Harris, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	40-04.00 / 12.29m* (-1.2)
Amy Harris, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	39-08.75 / 12.11m* (+3.9)

Latera Davis, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	39-08.75 / 12.11m* (+2.7)
Latera Davis, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	39-08.50 / 12.10m* (+0.8)
Latera Davis, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	38-07.75 / 11.78m* (+3.1)
LaSonya Rodgers, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	37-07.25 / 11.46m* (+1.8)

Hammer Throw

Name	Date	Site	Score
Caila Coleman, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	166-06.00 / 50.75m
Caila Coleman, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	164-00.00 / 49.99m
Caila Coleman, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	158-11.00 / 48.44m
Caila Coleman, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	155-02.00 / 47.29m
Amber Cornell, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	138-06.00 / 42.21m
Caila Coleman, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	134-00.00 / 40.84m
Amber Cornell, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	131-00.00 / 39.93m

Javelin

Name	Date	Site	Score
Erin Simmons, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	117-09.00 / 35.89m
Amber Cornell, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	115-06.00 / 35.20m
Erin Simmons, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	113-10.00 / 34.70m
Amber Cornell, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	111-10.00 / 34.09m
Erin Simmons, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	107-73.00 / 34.47m
Amber Cornell, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	106-06.00 / 32.46m
Sarah Mackey, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	94-09.00 / 28.88m
Lauren Giffin, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	93-06.00 / 28.50m
Lauren Giffin, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	76-05.00 / 23.29m

Shot Put

Name	Date	Site	Score
Allyn Laughlin, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	51-00.25 / 15.55m
Allyn Laughlin, FS	04/02/2010-04/03/2010	Texas Relays - Austin, Texas	51-00.00 / 15.54m
Allyn Laughlin, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	50-09.25 / 15.47m
Allyn Laughlin, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	50-02.50 / 15.30m
Allyn Laughlin, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	50-01.75 / 15.28m
Allyn Laughlin, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	49-07.75 / 15.13m
Sarah Mackey, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	28-09.00 / 8.76m

Sarah Mackey, FS 03/19/2010

Bulls Invitational - Tampa, Fla.

28-03.50 / 8.62m

Pole Vault

Name	Date	Site	Score
Lizbeth Mabry, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	12-09.50 / 3.90m
Callie Giffin, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	12-09.50 / 3.90m
Lizbeth Mabry, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	12-06.00 / 3.81m
Callie Giffin, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	12-05.50 / 3.80m
Lauren Giffin, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	12-01.50 / 3.70m
Callie Giffin, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	12-00.00 / 3.66m
Callie Giffin, FS	04/02/2010-04/03/2010	Florida Relays - Gainesville, Fla.	12-00.00 / 3.66m
Callie Giffin, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	11-11.75 / 3.65m
Callie Giffin, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	11-11.75 / 3.65m
Lauren Giffin, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	11-07.75 / 3.55m
Lauren Giffin, FS	03/13/2010	FAMU Relays - Tallahassee, Fla.	11-06.00 / 3.51m
Brittany Janson, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	11-05.75 / 3.50m
Abbey Sutton, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	11-05.75 / 3.50m
Lauren Giffin, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	11-05.75 / 3.50m
Brittany Janson, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	11-00.25 / 3.36m
Abbey Sutton, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	11-00.25 / 3.36m
Lauren Giffin, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	11-00.25 / 3.36m
Callie Giffin, FS	03/13/2010	FAMU Relays - Tallahassee, Fla.	11-00.00 / 3.35m
Abbey Sutton, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	10-11.75 / 3.35m
Lauren Giffin, FS	03/19/2010	Bulls Invitational - Tampa, Fla.	10-11.75 / 3.35m
Stephanie Wernke, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	10-06.00 / 3.20m
Stephanie Wernke, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	10-00.50 / 3.06m
Kelly Schiefer, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	10-00.50 / 3.06m
Brittany Janson, FS	03/05/2010-03/06/2010	UNF Spring Break Open - Jacksonville, Fla.	09-06.25 / 2.90m
Kelly Schiefer, FS	04/09/2010-04/10/2010	Seminole Invite - Tallahassee, Fla.	09-06.25 / 2.90m
Julia Gibson, FS	03/13/2010	FAMU Relays - Tallahassee, Fla.	09-06.00 / 2.90m

Heptathlon

Name	Date	Site	Score
Sarah Mackey, FS	03/25/2010-03/27/2010	FSU Relays - Tallahassee, Fla.	4238
Sarah Mackey, FS	04/15/2010-04/17/2010	ACC Outdoor Championships - Clemson, S.C.	4234

* denotes wind velocity