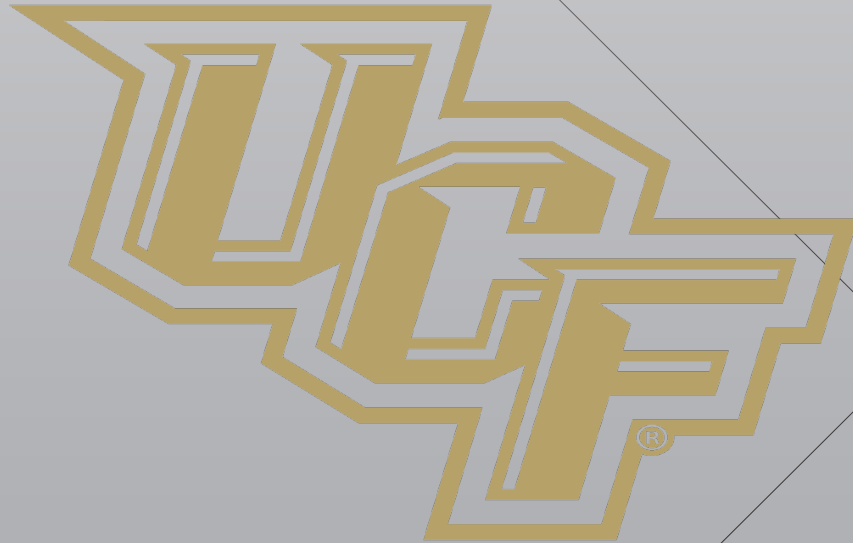


TRACK AND FIELD RECORD BOOK



2023 UCF TRACK AND FIELD RECORD BOOK

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KNIGHTS™

All-Time Indoor Records

Event	Name(s)	Mark/Time	Date
55M	Erica Garcia	7.04	2/10/02
60M	Aurieyall Scott	7.13	3/9/13; 3/24/13
200M	Aurieyall Scott	22.68	2/10/13
400M	Latasha Smith	52.32	2/25/22
800M	Rosie Chamberlain	2:05.77	2/11/17
1,000M	Charlotte Crook	2:52.20	2/2/07
Mile	Anne-Marie Blaney	4:45.06	1/27/17
3,000M	Anne-Marie Blaney	9:18.87	1/21/17
5,000M	Anne-Marie Blaney	15:49.26	2/10/17
55H	Tiki James	7.70	1/24/09
60H	Rayniah Jones	7.90	2/26/22
4 x 400 Relay	Brown, Charles, Jean, Scott	3:34.00	3/5/11
4 x 800 Relay	Claessens, Martinez, Morrow, Giles	9:46.58	1/18/03
Distance Medley	Rodriquez, Defreitas, Pinnel, Crook	11:29.94	2/26/22
High Jump	Lizzie Harris	5-10.75	3/14/08
Pole Vault	Erica Weiss	3.72m/12-02.50	1/28/12
Long Jump	Sonnisha Williams	6.32m/20-9	2/25/12; 1/22/11
Triple Jump	Dione Thomas	13.28m/43-7	3/7/09
Shot Put	Jhane' Carter	15.49m/50-9.75	2/6/16
Weight Throw	Chelsea Gobourne	20.56m/67-5.5	2/24/17
Pentathlon	Brittany Floyd	3,993	2/25/22

^Indicates time converted from flat track

All-Time Outdoor Records

Event	Name(s)	Mark/Time	Date
100M	Octavious Freeman	10.87	6/21/13
200M	Latasha Smith	22.09	5/14/23
400M	Latasha Smith	51.21	5/14/23
800M	Rosie Chamberlain	2:04.19	4/14/17
1,500M	Charlotte Crook	4:19.30	5/22/22
3,000M	Valerie Lastra	9:58.73	3/20/21
5,000M	Anne-Marie Blaney	15:43.61	4/14/17
10,000M	Anne-Marie Blaney	33:18.81	4/22/17
100H	Rayniah Jones	12.63	4/29/23
400H	Sandy Jean	57.07	5/23/13
3,000M Steeple	Kalleigh Forrester	10:38.07	4/13/17
4 x 100 Relay	Faulknor, Scott, Charles, Freeman	43.15	6/6/13
4 x 200 Relay	Booker, Scott, Layne, Paul	1:32.81	4/2/11
4 x 400 Relay	Lampkin, Williams, Jones, Smith	3:31.42	4/15/23
4 x 800 Relay	Pauls, Logan, Williams, Chamberlain	8:38.75	4/4/15
4 x 1,500 Relay	Claessens, Morrow, Miller, Zieminski	19:43.13	3/19/05
4 x 1,600 Relay	Kozub, Jones, Claessens, Dillman	20:53.10	3/12/04
Sprint Medley	Vaughn, Bellamy, Charles, Winston	3:46.12	4/5/14
Distance Medley	Kozub, Harris, Blackburn, Zieminski	11:30.13	4/24/08
Shuttle Hurdle	Harris, Coleman, Madison, Jones	53.45	3/30/23
High Jump	Lizzie Harris	5-11.25/1.81m	5/15/09
Pole Vault	Erica Weiss	12-06/3.81m	4/20/13
Long Jump	Sonnisha Williams	21-07.50/6.59m	5/13/12
Triple Jump	Asherah Collins	43-7.30/13.30m	5/14/23
Shot Put	Jhane' Carter	51-07.75/15.74m	5/15/16
Discus	Adrienne Adams	189-6/57.76m	3/24/23
Hammer Throw	Gabby Durant	200-6/61.12m	4/20/18
Javelin	Jenna Lucas	149-07/45.59m	4/24/15
Heptathlon	Brittany Floyd	5,643 points	4/8/22

All-Time Freshman Records

INDOOR

<u>Event</u>	<u>Name</u>	<u>Mark/Time</u>	<u>Date</u>
55M	Sheila Paul	7.11	1/24/09
60M	Octavious Freeman	7.15	3/10/12
200M	Aurieyall Scott	23.16	3/11/11
400M	Danielle Bess	54.33	1/14/22
800M	Rosie Chamberlain	2:08.90	2/28/15
Mile	Valerie Lastra	4:51.75	2/13/21
3,000M	Isabella Richardson	9:39.99	2/10/23
5,000M	Anne-Marie Blaney	16:41.65	2/23/13
55H	Jackie Coward	7.83	1/24/09
60H	Jackie Coward	8.19	2/28/09
High Jump	Lizzie Harris	5-10.75/1.80m	3/14/08
Pole Vault	Paige Byrnes	3.58m/11-9.00	2/28/14
Long Jump	Sonnisha Williams	6.06/19-10.75	2/24/20
	Leiya Green	6.06/19-10.75	2/11/22
Triple Jump	Asherah Collins	43-1.75/13.15m	2/26/22
Shot Put	Jhane' Carter	15.49m/50-9.75	2/6/16
Weight Throw	Jhane' Carter	18.59m/61-0	2/13/16
Pentathlon	Holly Cassels	3,316 points	1/21/22

[^]Indicates time converted from flat track

OUTDOOR

<u>Event</u>	<u>Name</u>	<u>Mark/Time</u>	<u>Date</u>
100M	Octavious Freeman	11.09	5/13/12
200M	Octavious Freeman	22.74	6/7/12
400M	Afia Charles	53.60	5/14/11
800M	Rosie Chamberlain	2:06.38	5/15/15
1500M	Valerie Lastra	4:26.75	4/16/21
3,000M	Valerie Lastra	10:00.58	3/20/21
5,000M	Anne-Marie Blaney	16:40.31	4/5/13
10,000M	Anne-Marie Blaney	35:03.62	5/10/13
100H	Rayniah Jones	12.64	6/19/21
400H	Devin D'Oliveira	59.11	3/23/19
3,000 Steeple	Kalleigh Forrester	10:52.96	4/3/15
High Jump	LesSundra Ford	5-11.25/1.81m	3/27/04
Pole Vault	Paige Byrnes	12-00.50/3.67m	4/26/14
Long Jump	Alexis Faulknor	21-04.75/6.52m	5/11/13
Triple Jump	Asherah Collins	43-1.5/13.14m	5/29/21
Shot Put	Jhane' Carter	51-07.75/15.74m	5/15/16
Discus	LaKendra Thames	160-03/48.85m	4/14/07
Hammer	Kalen Hambrick	179-02/54.60m	5/10/13
Javelin	Jenna Lucas	149-07/45.59m	4/24/15
Heptathlon	Natalia Madison	5,226 points	5/14/22

UCF TRACK AND FIELD COMPLEX RECORDS

WOMEN

<u>Event</u>	<u>Name(s)</u>	<u>Team</u>	<u>Mark/Time</u>	<u>Date</u>
100M	Veronica Cambell-Brown	Pure Athletics	11.02	5/10/09
200M	Shannon Ray	Empire Athletics	22.18	3/17/23
400M	Lilla McMillan	Tulane	51.38	5/15/16
800M	Rosie Chamberlain	UCF	2:04.54	3/19/16
1,000M	Astrid Claessens	UCF	2:58.9	2/14/03
1,500M	Kassidy Johnson	Rutgers	4:20.50	3/17/23
3,000M	Jenn Feenstra	Georgia State	9:58.93	4/21/01
5,000M	Blanca Fernandez	Temple	16:14.62	5/15/16
10,000M	Anne-Marie Blaney	UCF	34:46.67	5/12/16
100H	Rayniah Jones	UCF	12.73	4/24/21
400H	Masai Russell	Kentucky	56.66	3/17/23
2,000M Steeple	Mia Nahom	Connecticut	6:44.35	3/18/22
3,000M Steeple	Silje Fjortoft	SMU	10:14.67	5/15/10
4 x 100 Relay	Bowen, Scott, Faulknor, Freeman	UCF	43.32	3/23/13
4 x 400 Relay	One Goal Athletics		3:28.03	3/24/12
High Jump	Laverne Spencer	Albany	6-02.75/1.90m	4/30/05
Pole Vault	Chloe Timberg	Rutgers	14-5.25/4.40m	3/19/22
Long Jump	Anthaya Charlton	Kentucky	21-8.25/6.61m	3/17/23
Triple Jump	Marie-Josée Ebwea-Bile	Kentucky	44-03.25/13.49m	3/16/18
Shot Put	Brittany Crew	Unattatched	56-6/17.23m	3/18/16
Discus	Paige Blackburn	Unattached	189-6/57.76m	3/24/23
Hammer	Erin Gilreath	NYAC	226-02.5/68.94m	4/30/05
Javelin	Karlee McQuillen	Unattached	170-10/52.06m	3/23/12
Heptathlon	Lucija Cvitanovic	SMU	5,611 points	5/13/16

MEN

<u>Event</u>	<u>Name(s)</u>	<u>Team</u>	<u>Mark/Time</u>	<u>Date</u>
100M	Leshon Collins	Houston	10.15	5/15/16
200M	Dwight St. Hillaire	Kentucky	20.24	3/18/22
400M	Arismendy Peguero	Unattached	45.86	4/28/07
800M	Duane Solomon	Saucony	1:46.45	3/19/16
1500M	Billy Hill	Rutgers	3:44.98	3/18/22
3,000M	Samuel Geisler	Connecticut	8:28.30	3/17/23
2,000M Steeple	Quinton Orr	Iowa State	5:45.91	3/17/23
3,000M Steeple	Benjamin Preisner	Tulsa	8:58.21	5/14/16
5,000M	Marc Scott	Tulsa	14:07.02	5/15/16
10,000M	Luke Traynor	Tulsa	30:39.59	5/12/16
110H	Linnie Yarobough	Unattached	13.33	3/3/07
400H	Kenroy Williams	Kentucky	50.30	3/18/22
4 x 100 Relay	Collins, Burke, Martin, Burrell	Houston	38.95	5/15/16
4 x 400 Relay	Rhoden, Anderson, Thornton, Williams	Clemson	3:05.55	3/25/23
High Jump	Avion Jones	East Carolina	7-7/2.31m	5/14/16
Pole Vault	Keaton Daniel	Kentucky	18-0.05/5.50m	3/18/22
Long Jump	Anthony May	Unattached	25-8/7.82m	3/18/17
Triple Jump	Matthew O'Neal	USF	54-11.5/16.75m	5/15/16
Shot Put	Dorian Scott	Jamaica	66-03.75/20.21m	4/29/06
Discus	Martin Maric	Unattached	205-04/62.59m	3/26/11
Hammer	Conor McCullough	Princeton	234-06/71.47m	3/24/12
Javelin	Tim Glover	Illinois State	253-05/77.24m	3/22/13
Decathlon	Luis Hanssler	Memphis	7,369 points	5/13/16

Conference Championships: Year-By-Year Finishes

Year	Indoor Host	Indoor Score	Indoor Finish	Outdoor Host	Outdoor Score	Outdoor Finish
1996#	--	--	--	UCF	146	2nd
1997#	--	--	--	Samford	172	1st
1998#	--	--	--	FIU	186	1st
1999#	--	--	--	Troy	160	2nd
2000#	--	--	--	Troy	154	1st
2001#	--	--	--	UCF	196	1st
2002#	--	--	--	Troy	208*	1st
2003#	--	--	--	UCF	124	1st
2004#	--	--	--	UCF	127	1st
2005#	--	--	--	Belmont	158	1st
2006\$	Houston	44	7th	UTEP	45.50	9th
2007\$	Houston	27.50	9th	Rice	66.33	5th
2008\$	Houston	46	8th	UTEP	84.33	3rd
2009\$	Houston	86	3rd	Tulsa	111	2nd
2010\$	Houston	60	5th	UCF	114	1st
2011S	Houston	123.5	1st	Rice	157	1st
2012\$	UAB	113.5	2nd	Tulane	160	1st
2013\$	UAB	132.5	1st	Rice	167	1st
2014%	The American	78	4th	USF	138.6	2nd
2015%	The American	86.5	2nd	UConn	92	4th
2016%	The American	91.5	3rd	UCF	98	2nd
2017%	The American	122	1st	Houston	99.50	4th
2018%	The American	33	8th	Cincinnati	44	10th
2019%	The American	54	6th	Wichita State	64	T5th
2020%	The American	52	8th	--	--	--
2021%	The American	--	--	South Florida	71	5th
2022%	The American	156.5	1st	Wichita State	163	1st
2023%	The American	132.25	1st	South Florida	163	1st

EDITOR'S NOTE: The UCF track and field teams have compiled an impressive record of success at Conference Championships, claiming eight of the nine championships as a member of the Atlantic Sun and six Conference USA championships. The Knights joined C-USA beginning in the fall of 2005 where they competed until 2013-14 when they transitioned to the American Athletic Conference for its inaugural season. The 2020 outdoor season - including the American Athletic Conference and NCAA Championships were canceled due to the COVID-19 pandemic. The 2021 indoor season was limited to two meets and The American did not hold an indoor championship due to COVID-19 protocols.

- A-Sun Conference \$ - C-USA % - The American *Conference record

2023 Quick Facts

UCF INFORMATION

Location.....Orlando, Fla.
 Founded 1963
 Enrollment 71,948
 Nickname Knights
 Colors Black and Gold
 Conference American Athletic Conference
 President Dr. Alexander Cartwright
 Director of Athletics Terry Mohajir
 Athletics Phone (407) 823-4114
 Ticket Office Phone..... (407) 823-1000
 Home Facility ..UCF Track and Field Complex
 Capacity 2,000

COACHING STAFF

Head Coach.....Dana Boone (5th Season)
 Alma Mater Virginia, 1991
 Assistant Coach Bryan Jackson (5th Season)
 Assistant Coach.... Glenn Smith (3rd Season)
 Director of Operations.....Annesha Harris
 Athletic Trainer Mario Rodriguez
 Denali Schappacher
 Sports Performance Coach.....N/A
 Track Office Phone..... (407) 823-0096

TEAM INFORMATION

RETURNING ALL-CONFERENCE PERFORMERS

Indoor

Rayniah Jones60m, 200m, 60H
 Beyonce Defreitas 200m
 Kaylor Harris60H
 Latasha Smith..... 400m, 4X4
 Kiah Williams4X4
 Samieryah Bradwell4X4
 Asherah CollinsTriple Jump
 Charlotte Crook.....800m
 Katie Pinnell800m
 Keliyah Jones..... High Jump

Outdoor

Rayniah Jones.....100H, 100m
 Beyonce Defreitas 4X1
 Latasha Smith..... 400m, 200m
 Kiah Williams 400m, 4X4
 Samieryah Bradwell4X4
 Charlotte Crook.....1500m
 Keliyah Jones..... High Jump
 Ani Wells 4X1
 l'Asia Wilson..... 4X1
 Kai'lyn Kirkland.....4X4

TRACK AND FIELD HISTORY

First Year at Division I Level 1989
 First Year in The American..... 2013-14
 Conference Championships/Last ..19/2023

ATHLETICS COMMUNICATIONS

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 Twitter @UCF_Track
 Instagram @UCF.TFXC
 Facebook like "UCF Track and Field"

UCF, Not Central Florida

Please refer to the University of Central Florida as UCF when shortening the title. Derivatives such as C. Florida, Cent. Florida and C. Fla., should not be used.

Also, please note that UCF's teams are no longer being referred to as the Golden Knights. Instead, they are simply called the Knights.

UCF at...

NCAA Championships

2004 NCAA Outdoor Championships - Mike A. Myers Stadium (Austin, Texas)

Overall Finish: N/A

High Jump

Athlete	Mark	Round/Finish
--LesSundra Ford	1.74m	F/20

2008 NCAA Indoor Championships - Randal Tyson Track Center (Fayetteville, Ark.)

Overall Finish: N/A

High Jump

Athlete	Mark	Round/Finish
--Lizzie Harris	1.80m	F/T9

2009 NCAA Indoor Championships - Gilliam Indoor Track Stadium (College Station, Texas)

Overall Finish: 35th -- 6 points

60 Hurdles

Athlete	Time	Round/Finish
--Tiki James	8.27	P/3
	8.20	F/5 (4 pts)
--Jackie Coward	8.27	P/1
	8.34	F/7 (2 pts)

Triple Jump

Athlete	Mark	Round/Finish
--Dione Thomas	12.87m	F/10

2009 NCAA Outdoor Championships - McDonnell Field (Fayetteville, Ark.)

Overall Finish: N/A

High Jump

Athlete	Mark	Round/Finish
--Lizzie Harris	1.77m	P/14
	1.74m	F/15

100 Hurdles

Athlete	Time	Round/Finish
--Tiki James	13.31	P/2
	13.45	S/12

Discus

Athlete	Mark	Round/Finish
--Kelsey Poljansek	47.70m	P/19
--LaKendra Thames	44.11m	P/27

Triple Jump

Athlete	Mark	Round/Finish
--Dione Thomas	12.53m	P/24

2010 NCAA Indoor Championships - McDonnell Field (Fayetteville, Ark.)

Overall Finish: N/A

60 Hurdles

Athlete	Time	Round/Finish
--Jackie Coward	8.29	P/14

2010 NCAA Outdoor Championships - Hayward Field (Eugene, Ore.)

Overall Finish: 46th -- 4 points

100 Meters

Athlete	Time	Round/Finish
--Sheila Paul	11.64 (w)	P/19

100 Hurdles

Athlete	Time	Round/Finish
-- Jackie Coward	13.04	P/4
	13.04	F/5 (4 pts)

Long Jump

Athlete	Mark	Round/Finish
--Sonnisha Williams	5.83m	P/21

2011 NCAA Indoor Championships - Gilliam Indoor Track Stadium (College Station, Texas)

Overall Finish: 21st -- 11 points

60 Hurdles

Athlete	Time	Round/Finish
--Jackie Coward	8.06	P/1
	8.06	F/3 (6 pts)

60 Meters

Athlete	Time	Round/Finish
--Aurieyall Scott	7.19	P/2
	7.28	F/7
--Dominique Booker	7.27	P/10

200 Meters

Athlete	Time	Round/Finish
--Aurieyall Scott	23.16	P/7
	23.32	F/8 (1 pt)
--Dominique Booker	23.61	P/15

Long Jump

Athlete	Mark	Round/Finish
--Sonnisha Williams	6.27m	F/7 (2 pts)

4x400 Relay

Athlete	Time	Round/Finish
--UCF (Champelle Brown, Afia Charles, Aurieyall Scott, Lynne Layne)	3:35.70	P/11

2011 NCAA Outdoor Championships - Drake Stadium (Des Moines, Iowa)

Overall Finish: 17th -- 16 points

100 Meters

Athlete	Time	Round/Finish
--Aurieyall Scott	11.30 (-0.3)	P/3
	11.19 (+1.5)	F/4 (5 pts)
--Sheila Paul	11.56 (-0.4)	P/16

200 Meters

Athlete	Time	Round/Finish
--Aurieyall Scott	23.08 (+0.5)	P/10

100 Hurdles

Athlete	Time	Round/Finish
--Jackie Coward	13.11 (-0.6)	P/8
	12.78w (+2.1)	F/3 (6 pts)

4x100 Relay

Athlete	Time	Round/Finish
-- UCF (Jackie Coward, Aurieyall Scott, Lynne Layne, Sheila Paul)	43.52	P/4
--UCF	43.67	F/4(5 pts)

4x400 Relay

Preliminaries

Athlete	Time	Round/Finish
--UCF (Champelle Brown, Afia Charles, Sandy Jean, Sonnisha Williams)	3:38.54	P/21

2012 NCAA Indoor Championships - Jacksons Indoor Track (Boise, Idaho)

Overall Finish: 8th -- 23 points

60 Meters

Athlete	Time	Round/Finish
--Aurieyall Scott	7.18	P/2
	7.20	F/3 (6 pts)
--Octavious Freeman	7.23	P/3
	7.15	F/2 (8 pts)

200 Meters

Athlete	Time	Round/Finish
--Octavious Freeman	23.18	P/3
	23.18	P/4(5 pts)

Long Jump

Athlete	Mark	Round/Finish
--Sonnisha Williams	6.19m	F/9

60 Hurdles

Athlete	Time	Round/Finish
--Jackie Coward	8.02	P/4
	8.14	P/5 (4 pts)

2012 NCAA Outdoor Championships - Drake Stadium (Des Moines, Iowa)

Overall Finish: 19th -- 15 points

100 Meters

Athlete	Time	Round/Finish
--Octavious Freeman	11.12 (+1.7)	P/3
	11.41 (-1.7)	F/5 (4 pts)
--Aurieyall Scott	11.32 (-1.2)	P/8
	11.59 (-1.7)	F/8 (1 pt)
--Sheila Paul	11.39 (+1.7)	P/13

200 Meters

Athlete	Time	Round/Finish
--Octavious Freeman	22.74 (+1.9)	P/7
	23.25 (+2.3)	F/4 (5 pts)
--Aurieyall Scott	22.76 (+2.2)	P/8
--Sheila Paul	23.65 (+1.9)	P/21

Long Jump

Athlete	Mark	Round/Finish
--Jacquelyn Gilchrist	6.25m (+1.7)	F/13
--Sonnisha Williams	6.19m (+1.5)	F/14

100 Hurdles

Athlete	Time	Round/Finish
--Jackie Coward	12.81 (+1.7)	P/4
	13.16 (+3.1)	F/4 (5 pts)

2013 NCAA Indoor Championships - Randal Tyson Track Center (Fayetteville, Ark.)

Overall Finish: 5th -- 30 points

60 Hurdles

Athlete	Time	Round/Finish
15. Lutisha Bowen	8.55	P/15

60 Meters

Athlete	Time	Round/Finish
--Aurieyall Scott	7.15	P/1
	7.13	F/1 (10 pts)
--Octavious Freeman	7.17	P/3
	7.16	F/3 (6 pts)

200 Meters

Athlete	Time	Round/Finish
--Octavious Freeman	22.72	P/2
	22.87	F/3 (6 pts)
--Aurieyall Scott	22.87	P/3
	22.71	F/2 (8 pts)

UCF at...

NCAAs (Cont.)

2013 NCAA Outdoor Championships -

Hayward Field (Eugene, Ore.)

Overall Finish: 5th -- 35 points

Long Jump

Athlete	Mark	Round/Finish
--Jen Clayton	6.42m (+3.3)	F/3 (6 pts)

400 Hurdles

Athlete	Time	Round/Finish
--Sandy Jean	58.38	P/10

4x100 Relay

Athlete	Time	Round/Finish
--UCF	43.15	S/2

(Alexis Faulknor, Aurieyall Scott, Afia Charles, Octavious Freeman)

--UCF	43.36	F/2 (8 pts)
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100 Meters

Athlete	Time	Round/Finish
--Octavious Freeman	10.99 (+2.8)	P/1

	11.00 (+0.9)	F/2 (8 pts)
--	--------------	-------------

--Aurieyall Scott	11.00 (+2.6)	P/2
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	11.14 (+0.9)	F/4 (5 pts)
--	--------------	-------------

--Alexis Faulknor	11.37 (+2.3)	P/14
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200 Meters

Athlete	Time	Round/Finish
--Aurieyall Scott	22.64 (+2.2)	P/3

	22.48 (+3.5)	F/3 (6 pts)
--	--------------	-------------

--Octavious Freeman	22.85 (+2.2)	P/6
---------------------	--------------	-----

	22.92 (+3.5)	F/7 (2 pts)
--	--------------	-------------

2014 NCAA Outdoor Championships -

Hayward Field (Eugene, Ore.)

Overall Finish: N/A

Long Jump

Athlete	Mark	Round/Finish
--Jen Clayton	6.15m (+2.1)	F/15

4x100 Relay

Athlete	Time	Round/Finish
--UCF	44.15	S/3

(Kirsten Nieuwendam, Christal Peterson, Jen Clayton, J'Nea Bellamy)

4x400 Relay

Athlete	Time	Round/Finish
--UCF	3:35.42	S/5

(Sandy Jean, Jen Clayton, Ashley Jocelyn, Afia Charles)

2015 NCAA Outdoor Championships -

Hayward Field (Eugene, Ore.)

Overall Finish: N/A

100 Meters

Athlete	Time	Round/Finish
--J'Nea Bellamy	11.46 (+2.0)	S/20th

200 Meters

Athlete	Time	Round/Finish
--J'Nea Bellamy	23.47 (+4.6)	S/20th

4x100 Relay

Team	Time	Round/Finish
--UCF	45.32	S/21st

(Kirsten Nieuwendam, J'Nea Bellamy, Christal Peterson, Briana Vaughn)

2016 NCAA Outdoor Championships -

Hayward Field (Eugene, Ore.)

Overall Finish: N/A

10,000 Meters

Athlete	Time	Round/Finish
--Anne-Marie Blaney	33:36.49	F/14

Hammer Throw

Athlete	Mark	Round/Finish
--Tayla Greene	181-2/55.21m	S/24

2017 NCAA Indoor Championships -

Gilliam Indoor Stadium (College Station, Texas)

Overall Finish: N/A

5,000 Meters

Athlete	Time	Round/Finish
--Anne-Marie Blaney	15:49.26	F/8

2017 NCAA Outdoor Championships -

Hayward Field (Eugene, Ore.)

Overall Finish: N/A

4x100 Relay

Athlete	Time	Round/Finish
--UCF	44.73	S/16

(Ashley Jocelyn, J'Nea Bellamy, Loren Gallmon, SheKara Martin)

2019 NCAA Outdoor Championships -

Mike A. Myers Stadium (Austin, Texas)

Overall Finish: N/A

4x100 Relay

Athlete	Time	Round/Finish
--UCF	43.82	S/14

(Shaniya Williams, Ciara Holback, Beyonce Defreitas, Loren Gallmon)

2021 NCAA Outdoor Championships -

Hayward Field (Eugene, Ore.)

Overall Finish: T33rd - 8 points

100 Hurdles

Athlete	Time	Round/Finish
--Rayniah Jones	12.85 (+1.1)	P/5
	12.82 (+0.4)	F/2 (8 pts)

Triple Jump

Athlete	Mark	Round/Finish
--Asherah Collins	42-0.5/12.81m	P/23

2022 NCAA Indoor Championships -

Hayward Field (Eugene, Ore.)

Overall Finish: T57th - 2 points

60 Meters

Athlete	Time	Round/Finish
--Rayniah Jones	7.21	P/11

60 Hurdles

Athlete	Time	Round/Finish
--Rayniah Jones	7.21	P/6
	7.95	F/3 (6 pts)

60 Meters

Athlete	Time	Round/Finish
--Latasha Smith	53.92	P/14

2022 NCAA Outdoor Championships -

Hayward Field (Eugene, Ore.)

Overall Finish: T33rd - 8 points

4x100 Relay

Athlete	Time	Round/Finish
--UCF	43.69	P/6
	43.69	F/7

(Rayniah Jones, Ciara Holback, Beyonce Defreitas, l'Asia Wilson)

100 Hurdles

Athlete	Time	Round/Finish
--Rayniah Jones	12.95 (-0.3)	P/8
	DQ	--

Triple Jump

Athlete	Time	Round/Finish
--Ashera Adams	12.88 (-0.2)	F/17

Discuss

Athlete	Time	Round/Finish
--Adrienne Adams	46.06	F/21

Heptathlon

Athlete	Time	Round/Finish
--Brittany Floyd	5,410	F/16

2023 NCAA Indoor Championships -

Convention Center (Albuquerque, N.M.)

Overall Finish: N/A

60 Hurdles

Athlete	Time	Round/Finish
--Rayniah Jones	8.16	P/12

UCF at...

OLYMPIC EVENTS

Olympic Trials

- 2021 -

U.S. Trials | Hayward Field (Eugene, Ore.)

Athlete.....Event (Advanced to - Finish)
Rayniah Jones (RFr.)..... 100H prelims - 25th
Anne-Marie Blaney.....10,000m finals - 16th

- 2016 -

Hayward Field (Eugene, Ore.)

Athlete.....Event (Advanced to - Finish)
Jackie Coward (Sr.)..... 100H prelims - 25th
Octavious Freeman (Fr.) 100M semis - 8th;

- 2012 -

Hayward Field (Eugene, Ore.)

Athlete.....Event (Advanced to - Finish)
Jackie Coward (Sr.)..... 100H prelims - 25th
Octavious Freeman (Fr.) 100M semis - 8th;
..... 200M prelims - 9th
Aurieyall Scott (So.)100M semis - 15th;
.....200M finals - 8th
Sonnisha Williams Long Jump prelims - 17th

USA EVENTS

USA Championships

- 2015 -

Hayward Field (Eugene, Ore.)

Athlete.....Event (Advanced to - Finish)

Senior

Jnea Bellamy (So.).....200M prelims - 21st

Junior

Jhane' Carter (Fr.)Shot Put prelims - 14th

- 2013 -

Drake Stadium (Des Moines, Iowa)

Athlete.....Event (Advanced to - Finish)

Senior

Octavious Freeman (So.)100M finals - 2nd

Aurieyall Scott (Jr.) 100M finals - 6th;

.....200M semis - 11th

Junior

Alexis Faulknor (Fr.) 100M finals - 4th;

..... Long Jump - 1st

Megan Patterson (Fr.)Shot Put prelims - 10th

- 2012 -

Robert C. Haugh Track & Field Complex (Bloomington, Ind.)

Athlete.....Event (Advanced to - Finish)

Junior

Precious Ogunleye (Fr.).....Discus; Shot Put - N/A

Christal Peterson (Fr.) 100M prelims -- 14th

- 2011 -

Hayward Field (Eugene, Ore.)

Athlete.....Event (Advanced to - Finish)

Senior

Jackie Coward (Jr.)100H semis - 13th

Sheila Paul (Jr.)..... 100M prelims - 26th

Junior

Aurieyall Scott (Fr.) 100M finals - 1st; 200M finals -1st

Tyler Smith (Fr.)200M prelims - 10th

- 2010 -

Drake Stadium (Des Moines, Iowa)

Athlete.....Event (Advanced to - Finish)

Senior

Jackie Coward (So.).....100H semis - 10th

Tiki James (Sr.) 100H finals - 6th

Junior

Sonnisha Williams (Fr.)Long Jump finals - 5th

- 2009 -

Hayward Field (Eugene, Ore.)

Athlete.....Event (Advanced to - Finish)

Senior

Tiki James (Jr.).....100H semis - 14th

- 2007 -

IU Michael A. Carroll Track & Soccer Stadium, IUPUI
(Indianapolis, Ind.)

Athlete.....Event (Advanced to - Finish)

Junior

LaKendra Thames (Fr.)Discus finals - 19th

INTERNATIONAL EVENTS

NACAC U23 Championships

- 2012 -

Guanajuato, Mexico

Athlete.....Event (Advanced to - Finish)

Octavious Freeman (Fr.)100M finals - 2nd;

4x100 relay finals (2nd leg) - 1st

Aurieyall Scott (So.) 100M finals - 1st

.....4x100 relay finals (3rd leg) - 1st

Sonnisha Williams (Jr.) Long Jump finals - 2nd

South American Championships

- 2013 -

Cartagena, Colombia

Athlete.....Event (Advanced to - Finish)

Jen Clayton (Jr.; Panama).....Long Jump finals - 4th

World University Games

- 2013 -

Kazan, Russia

Athlete.....Event (Advanced to - Finish)

Aurieyall Scott (Jr.) 100M finals - 1st;

.....4x100 relay finals (2nd leg) - 2nd

CONFERENCE HONORS

OUTDOOR SEASON

All-Conference First Team

Latasha Smith	200m, 400m
Raynia Jones	100m, 100m Hurdles
Asherah Collins	Triple Jump
4x100 Relay.....A. Wells, I. Wilson, B. Defreitas, J. Jasper	
2022	
Latasha Smith	400m
Raynia Jones	100m Hurdles
Selena Wright	400m Hurdles
4x100 Relay.....A. Wells, C. Holback, B. Defreitas, I. Wilson	
4x400 Relay.....K. Williams, L. Smith, K. Kirkland, S. Bradwell	
Brittany Floyd	Heptathlon
2021	
Asherah Collins	Triple Jump
Raynia Jones	100m Hurdles
2019	
Devin D'Oliveira	400m Hurdles
4x100 Relay.....S. Williams, S. Hyde, B. Defreitas, C. Holback	
2016	
Rosie Chamberlain	800m
Anne-Marie Blaney	10,000m
4x100 Relay.....B. Vaughn, S. Martin, C. Peterson, A. Williams	
2015	
J'Nea Bellamy	100m; 200m
Sandy Jean	400m Hurdles
4x100 Relay.....J. Bellamy, K. Nieuwendam, C. Peterson, B. Vaughn	
2014	
J'Nea Bellamy	200m
Afia Charles	400m
Sandy Jean	400m Hurdles
Anne-Marie Blaney	10,000m
4x100 Relay.....J. Bellamy, J. Clayton, B. Vaughn, C. Peterson	
4x400 Relay.....S. Jean, J. Clayton, A. Jocelyn, A. Charles	
2013	
Aurieyall Scott	200m
Afia Charles	400m
Sandy Jean	400m Hurdles
4x100 Relay.....A. Faulknor, A. Scott, A. Charles, O. Freeman	
Alexis Faulknor	Long Jump
Octavious Freeman	100m
2012	
Aurieyall Scott	200m
Jackie Coward	100 Hurdles; 400 Hurdles
4x100m relay D. Booker, O. Freeman, A. Scott, S. Paul	
Ne'Ausha Logan	800m
Octavious Freeman	100m
2011	
Aurieyall Scott	100m; 200m
Jackie Coward	100m Hurdles; 400m Hurdles
4x100m relay.. D. Booker, A. Scott, L. Layne, S. Paul	
4x400m relay D. Brown, A. Charles, S. Jean, E. Winston	
Sonnisha Williams	Long Jump
2010	
Aisha Frazier	400m Hurdles
Jackie Coward	100m Hurdles
2009	
Jackie Coward	400m Hurdles
2008	
Sheree Carter	Heptathlon
Lizzie Harris	High Jump
2005	
Diana Chin	100m Hurdles
Victoria Chin	Triple Jump
Katie Fowke	Pole Vault
Ann Louise Larsen	High Jump
Tiffany Roebuck	Hammer; Discus; Shot Put
2004	
Katie Fowke	Pole Vault
Karen Kozub	800m
Tiffany Roebuck	Hammer
2003	
Amanda Morrow	3,000m Steeplechase
Michele Olandese	Discus

Sonja Shedden	10,000m
2002	
Valerie Beauburn	400m; 800m
Diana Chin	100 Hurdles
LaTrica Firby	Long Jump
Ann Louise Larsen	High Jump
Tiffany Roebuck	Shot Put
2001	
Katara Beard	Shot Put
LaTrica Firby	Long Jump
Kellie Marzetta	400m Hurdles
Jamie Pew	Javelin
Kelly Roloff	High Jump
Shannon Ryan	Pole Vault
Sonja Shedden	10,000m
2000	
Katara Beard	Shot, Hammer
Randi Chapman	Long Jump
LaTrica Firby	Triple Jump
1999	
Katara Beard	Shot
Corliss Cade	100m Hurdles; Triple Jump
Sonja Shedden	10,000m
Amber Twyner	Javelin
1998	
Katara Beard	Shot Put
Michele Boike	100m Hurdles; High Jump
Corliss Cade	Long Jump
Jennifer Herron	Discus
Anne Panaggio	5,000m
Amber Twyner	Javelin
All-Conference Second Team	
2023	
Asherah Collins	Long Jump
Adrienne Adams	Discus
Kiah Williams	400m
2022	
Kiah Williams	400m
2019	
Shian Hyde	100m
2018	
Rosie Chamberlain	800m
Natosha Jordan	Heptathlon
2017	
Anne-Marie Blaney	1500m; 5,000m; 10,000m
Rosie Chamberlain	800m
Ebony Crear	400m Hurdles
Chelsea Gobourne	Hammer Throw
Crear, Jocelyn, Cooley, Chamberlain	4x400 Relay
2016	
SheKara Martin	100m
Anne-Marie Blaney	5,000m
2015	
Logan, Nieuwendam, Henry, Jocelyn	4x400 Relay
2014	
J'Nea Bellamy	100m
Erica Winston	800m
Anne-Marie Blaney	5000m
Jen Clayton	Long Jump
2013	
Aurieyall Scott	100m
Octavious Freeman	200m
Ne'Ausha Logan	800m
4x400 Relay A. Charles, O. Freeman, N. Logan, S. Jean	
Jen Clayton	Long Jump
Precious Ogunleye	Hammer Throw
2012	
Sonnisha Williams	Long Jump
Aurieyall Scott	100m
Sheila Paul	200m
2011	
Mica Wimberly	100m Hurdles
Shelia Paul	100m
2010	
LaKendra Thames	Shot Put; Discus
Sonnisha Williams	Long Jump

Jackie Coward	400m Hurdles
Tiki James	100m Hurdles
2009	
Shantile Blackburn	800m
Jackie Coward	100m Hurdles
2008	
Shantile Blackburn	800m
Lizzie Harris	400H; High Jump
2007	
Jenny Clausen	10,000m
Katie Fowle	Pole Vault
Victoria Chin	400m Hurdles
2006	
Tiffany Roebuck	Weight Throw
2005	
Diana Chin	Long Jump
Michelle Teuton	Pole Vault
Rian Thomas	Hammer
2004	
Diana Chin	100m Hurdles
Sara Dillman	10,000m
LaTrica Firby	Long Jump, Triple Jump
Ann Louise Larsen	Long Jump
Andrea Morrow	3,000m Steeplechase
Rian Thomas	Hammer
2003	
Kelly Roloff	Long Jump
Ann Louise Larsen	High Jump
Elese Wilcox	Hammer; Shot Put
2002	
Diana Chin	Long Jump
LaRissa Dunn	100m Hurdles
LaTrica Firby	Triple Jump
Jamie Pew	Javelin
Tiffany Roebuck	Hammer
Kelly Roloff	High Jump
Sonja Shedden	10,000m
2001	
Katara Beard	Discus; Javelin
Kellie Marzetta	100m Hurdles
Jamie Pew	High Jump
Kristen Newsome	Pole Vault
Elese Wilcox	Hammer
2000	
Katara Beard	Discus
Corliss Cade	100m Hurdles; Triple Jump
Amber Twyner	Javelin
1999	
Katara Beard	Discus; Hammer
Corliss Cade	Long Jump
1998	
Katara Beard	Discus
Stephanie Cameron	10,000m
Nikeisha Sykers	400m Hurdles
Kelli Walsh	Triple Jump
1997	
Amber Bland	400m
Michele Boike	Long Jump
Kelly Kobia	Javelin
Megan Rodell	5,000m
1996	
Michele Boike	High Jump
Kelly Kobia	Shot Put
Christy Miller	3,000m
Rene Plasencia	1500m
Kelli Welsh	Triple Jump
All-Conference Third Team	
2023	
Raynia Jones	200m
Jasmine Scott-Kilgo	Long Jump, Triple Jump
Kaylor Harris	100m Hurdles
Brenna Mullaney	3000 Steeplechase
2022	
Raynia Jones	100m
Latasha Smith	200m
Charlotte Crook	1500m

CONFERENCE HONORS

Brenna Mullaney	3000 Steeplechase
Kaliah Jones	High Jump
Jasmine Scott-Kilgo	Long Jump
2021	
Charlotte Crook	800m
2019	
Ciara Holback	200m
Charlotte Crook	800m
2018	
Natosha Jordan	High Jump
4x100 Relay... S. Wollaston, S. Williams, C. Holback, L. Gallmon	
2017	
Jhane' Carter	Shot Put
Ashley Jocelyn	400m
4x100 Relay... A. Jocelyn, J. Bellamy, L. Gallmon, S. Martin	
2016	
Jhane' Carter	Shot Put
Chelsea Gobourne	Hammer Throw
2015	
Christal Peterson	100m
Johna' Whitaker	100m Hurdles
Kalen Hambrick	Hammer Throw
2014	
Briana Vaughn	100m
Devinn Cartwright	100m Hurdles
Destinee Romain	Hammer Throw
2013	
Alexis Faulknor	200m
Erica Winston	800m
Anne-Marie Blaney	10,000m
Jen Clayton	Triple Jump
Kalen Hambrick	Hammer Throw
2012	
Precious Ogunleye	Shot Put
Jacquelyn Gilchrist	Long Jump
Tomika Story	Triple Jump
Karessa Farley	100m Hurdles
Aisha-Maree Frazier	400m Hurdles
Octavious Freeman	200m
2011	
Satrina Oliveira	Discus
Karessa Farley	100m Hurdles
Sheila Paul	200m
Sandy Jean	400m Hurdles
2010	
Miceala Wimberly	100m Hurdles
2009	
Miceala Wimberly	100m Hurdles
Sheila Paul	100m
Dione Thomas	Triple Jump
LaKendra Thames	Shot Put
2008	
Victoria Chin	100m Hurdles
Lizzie Harris	400m Hurdles
2006	
Diana Chin	Long Jump
Victoria Chin	400m Hurdles
4x100m relay... J. Rogan, V. Chin, D. Thomas, L. Hicks	
2005	
Kelsey Bealert	Pole Vault
Diana Chin	Triple Jump
Victoria Chin	400m Hurdles
Virginia Traynor	Shot Put
2004	
Diana Chin	Long Jump
Tracy Fischler	Pole Vault
Tiffany Roebuck	Shot Put
2003	
Astrid Claessens	800m
Erica Garcia	100m
Liz Jovanovski	Hammer
Kelly Roloff	High Jump
4x400m relay... E. Pugh, D. Ruffin, A. Claessens, K. Roloff	
2002	
Erica Garcia	100m
Amy Giles	1,500m

Valery Martinez	800m
Jamie Pew	Shot Put; High Jump
Emily Pugh	400m Hurdles
GeAna Rivera	10,000m
Tiffany Roebuck	Discus
Elese Wilcox	Hammer
2001	
Katara Beard	Hammer
Sarah Kureshi	800m
Kelly Roloff	Long Jump
Sonja Shedden	3,000m; 5,000m
2000	
Kristen Newsome	Pole Vault
Melissa Norris	10,000m
Jaimie Perez	High Jump
Natausha Samuels	400m
Amber Twyner	Discus
1999	
Natasha Garner	200m; Long and Triple Jump
Sonja Shedden	3,000m
Amber Twyner	Shot Put; Discus; Hammer
1998	
Katara Beard	Hammer; Javelin
Michele Boike	400m Hurdles
Megan Rodell	10,000m
1997	
Susan Hartley	5,000m
Christy Miller	1,500m; 3,000m
Kelly Putnam	High Jump
Amber Twyner	Shot Put; Discus
1996	
Amber Bland	400m; High Jump
Sanatera Johnson	Shot Put; Discus
AAC Most Outstanding Track Performer	
J'Nea Bellamy	2015
Rayniah Jones	2022, 2023
AAC Freshman of the Year	
Rayniah Jones	2021
AAC Track Athlete of the Week	
Beyonce Defreitas	3/21/23
Rayniah Jones	5/3/22; 4/4/23
Latasha Smith	4/26/22; 4/19/22, 3/28/23
Ciara Holback	3/22/22
Rayniah Jones	4/21/21; 4/28/21
Devin D'Oliveira	3/26/19
Anne-Marie Blaney	4/25/17; 4/18/17
Kirsten Nieuwendam	3/24/15
J'Nea Bellamy	4/21/15
Laura Korsmit	4/28/15
Christal Peterson	5/5/15
AAC Field Athlete of the Week	
Jasmine Scott-Kilgo	3/21/23
Adrienne Adams	5/3/22; 3/29/22; 3/28/23
Asherah Collins	4/26/22
Brittany Floyd	4/12/22
C-USA Female Athlete of the Year (League Overall)	
Aurieyall Scott	2013
C-USA Track Athlete of the Year	
Octavious Freeman	2013, 2012
Jackie Coward	2011
C-USA Freshman of the Year	
Jenny Clausen	2007
C-USA Championships Performer of the Meet	
Jackie Coward	2011
C-USA Championships High Point Scorer	
Aurieyall Scott	2011, 2012, 2013
Alexis Faulknor	2013
C-USA Championships Freshman of the Meet	
Alexis Faulknor	2013
Octavious Freeman	2012
Aurieyall Scott	2011
C-USA Coach of the Year	
Caryl Smith Gilbert	2010, 2011, 2012, 2013
C-USA Athlete of the Week	
Lutisha Bowen	3/26/2013
Jackie Coward	3/27 & 5/1, 2012; 4/19/2011

Octavious Freeman	4/9 & 4/16, 2013; 4/10, 2012
Aurieyall Scott	4/23/13; 4/5/2011
Sheila Paul	3/23/2010
Lizzie Harris	3/24/2009; 5/13/2008
Kelsey Pojansek	3/31/2009
Dione Thomas	4/29/2008
Atlantic Sun Coach of the Year	
Marcia Mansur-Wentworth	1997, 1998, 2000, 2001, 2002, 2003, 2004, 2005
Atlantic Sun Athlete of the Year	
Katara Beard	2000, 2001
Valerie Beaubrun	2002
Tiffany Roebuck	2005

INDOOR SEASON

All-Conference First Team

2023	
Rayniah Jones	60m Hurdles
Kiah Williams	400m
Beyonce Defreitas	200m
Janyah Jasper	60m
2022	
Rayniah Jones	60m, 200m, 60m Hurdles
Latasha Smith	400m
Ashera Collins	Triple Jump
Brittany Floyd	Pentathlon
4x400 Relay... L. Smith, K. Williams, D. Bess, S. Bradwell	
2017	
J'Nea Bellamy	60m
Anne-Marie Blaney	5,000m
Rosie Chamberlain	800m
Johna' Whitaker	60m Hurdles
2016	
J'Nea Bellamy	60m
Rosie Chamberlain	800m
Anne-Marie Blaney	5,000m
4x400 Relay... A. Jocelyn, T. Henry, T. Cooley, R. Chamberlain	
2015	
Anne-Marie Blaney	5000m
4x400 Relay... S. Jean, K. Nieuwendam, T. Henry, A. Jocelyn	
2013	
Aurieyall Scott	60m, 200m
4x400 Relay... A. Scott, A. Charles, S. Jean, N. Logan	
Jen Clayton	Long Jump
2012	
Octavious Freeman	60m, 200m
Afia Charles	400m
Jackie Coward	60m Hurdles
Sonnisha Williams	Long Jump
2011	
Aurieyall Scott	60m
Dominique Booker	200m
Jackie Coward	60m Hurdles
4x400m Relay... C. Brown, J. Coward, S. Jean, A. Charles	
2010	
Jackie Coward	60m Hurdles
2009	
Sheila Paul	60m
Dione Thomas	Triple Jump
2008	
Lizzie Harris	High Jump
All-Conference Second Team	
2023	
Kaylor Harris	60m Hurdles
Rayniah Jones	60m
Jasmine Scott-Kilgo	Triple Jump
2022	
Ciara Holback	60m
Beyonce Defreitas	200m
Charlotte Crook	800m
WDM... M. Rodriguez, B. Defreitas, K. Pinnell, C. Crook	
2020	
4x4 Relay... L. Gallmon, S. Bradwell, S. Hyde, L. Smith	

CONFERENCE HONORS

Daneesha Davidson	2019	Triple Jump
Rosie Chamberlain	2018	800m
Anne-Marie Blaney	2017	Mile, 3,000m
Chelsea Gobourne		Weight Throw
Natosha Jordan		High Jump
Briana Vaughn	2016	200m
J'Nea Bellamy	2015	60m
Anne-Marie Blaney		3000m
Kalen Hambrick		Weight Throw
Destinee Romain	2014	Weight Throw
Briana Vaughn		60m
4x400 Relay..A. Charles, N. Logan, S Jean, K. Nieuwendam	2013	
Octavious Freeman		60m, 200m
Afia Charles		400m
Lutisha Bowen		60m Hurdles
Dominique Booker	2012	60m
4x400 Relay..A. Charles, J. Coward, S. Williams, E. Winston	2011	
Champelle Brown		400m
Karessa Farley		60m Hurdles
Tiki James	2010	60m Hurdles
LaKendra Thames		Shot Put
Tiki James	2009	60m Hurdles
Lizzie Harris		High Jump, Heptathlon
Dione Thomas		Long Jump
Tiffany Roebuck	2006	Weight Throw
All-Conference Third Team		
Latasha Smith	2022	400m
Beyonce Defreitas		60m
Asherah Collins		Triple Jump
Kiah Williams		200m
Katie Pinnell	2022	800m
Kaylor Harris		60h Hurdles
Kaliah Jones		High Jump
Jasmine Scott-Kilgo		Long Jump
Shian Hyde	2020	60m, 200m
Shian Hyde	2019	60m, 200m
Gabby Durant	2018	Weight Throw
Alissa Williams	2017	60m, 200m
Crear, Jocelyn, Martin, Chamberlain		4x400
Briana Vaughn	2016	60m
Ashley Jocelyn		400m
J'Nea Bellamy	2014	60m
Afia Charles		200m, 400m
Jen Clayton		Long Jump
Allison Lampert		High Jump
Alexis Faulknor	2013	60m
Ne'Ausha Logan		800m
Anne-Marie Blaney		5000m
Dominique Booker	2012	200m
Jacquelyn Gilchrist		Long Jump
Lynne Layne	2011	60m
Aurieyall Scott		200m
Carley Dart		800m

Mica Wimberly		60m Hurdles
Sonnisha Williams		Long Jump
Sonnisha Williams	2010	Long Jump
Tomika Story		Triple Jump
Lakendra Thames		Weight Throw
Jackie Coward	2009	60m Hurdles
Kelsey Poljansek		Shot Put
Dione Thomas	2008	Long, Triple Jump
Micaela Wimberly		60m Hurdles
Sheree Carter	2007	Heptathlon
Katorie Stinney		High Jump
Diana Chin	2006	Long Jump
AAC Track Athlete of the Week		
Rayniah Jones	1/25/22; 2/8/22; 2/15/22;	
Kiah Williams	1/17/23; 2/14/23	
Latasha Smith	1/24/23	
Shian Hyde	1/18/22	
Anne-Marie Blaney	1/15/20	
J'Nea Bellamy	1/20/2015; 4/26 & 4/5,	
Rosie Chamberlain	2016; 2/14, 1/31 1/24 & , 2017	
Asherah Collins	2/9/16	
Chelsea Gobourne	2/9/16	
Aurieyall Scott	1/19, 1/26 & 3/22, 2016	
AAC Field Athlete of the Week		
Allison Lampert	1/17/23	
Chelsea Gobourne	1/27/15	
Chelsea Gobourne	1/17/17	
C-USA Track Athlete of the Year		
Octavious Freeman	2013	
Jackie Coward	2012	
Jackie Coward	2011	
C-USA Field Athlete of the Year		
Dione Thomas	2009	
C-USA Championships Freshman of the Meet		
Alexis Faulknor	2013	
Aurieyall Scott	2011	
C-USA Coach of the Year		
Caryl Smith Gilbert	2011, 2013	
Conference USA Winter Spirit of Service Award		
Sonnisha Williams	2012	
C-USA Track Athlete of the Week		
Aurieyall Scott	2/5, 2/12/2013	
Octavious Freeman	1/15, 1/22/2013;	
Jackie Coward	1/17, 1/24 & 2/14/2012	
Sonnisha Williams	2/7/2012; 2/15/2011	
Tiki James	1/25/2011	
Tiki James	1/19/2010; 1/20/2009	
Conference All-Academic Honors		
Fey Adaramola	2007-2008	
Jocelin Adona	2014	
Amy Ankli	2014	
Brittany Barber	2014	
Kelsey Bealert	2006-2007	
Dan'Elle Bellamy	2010-2011	
J'Nea Bellamy	2014	
Shantile Blackburn	2006, 2008-2009	
Shelby Blaes	2012	
Anne-Marie Blaney	2014	
Dominique Booker	2011	
Lutisha Bowen	2013	
Natalie Braddock	2006-2007	
Ali Brandehoff	2012	
Emmy Brandehoff	2012	
Michelle Brouillet	2006	
Champelle Brown	2010-2011	
Saina Campbell	2014	
Sheree Carter	2007-2008, 2010	
Cody Castillo	2012, 2014	
Afia Charles	2011-2014	
Victoria Chin	2006	
Heather Classe	2014	
Jenny Clausen	2007-2008	

Jen Clayton	2012-13
Ocean Cohen	2008-2011
Kylene Colassati	2006
Jackie Coward	2010
Carley Dart	2011
April Downey	2010
Kelly Dwyer	2007
London Enos	2011
Karessa Farley	2011-12
Katie Fowke	2006-2007
Jessica Francis	2007-2008, 2010
Alyssa Franks	2010-2011
Octavious Freeman	2012
Mason Gardberg	2010-2011
Jacquelyn Gilchrist	2010-2012
LaToya Green	2006
Kalen Hambrick	2012, 2014
Alyssa Hamel	2014
Kendra Howell	2007
Sandy Jean	2011-2014
Ashley Jocelyn	2013-2014
Jaclyn Johnson	2007-2010
Shannon Kelly	2007-2010
Lia King	2014
Stephanie Knapp	2007-2008
Allison Lampert	2014
Lynne Layne	2011
Rayeisha Lowe-Chin	2013
Brittany McCord	2010-2013
Brittney McDermott	2007-2008
Kelly McNeill	2006-2009
Elizabeth Miller	2006-2008
Amanda Monde	2006-2007
Kirsten Nieuwendam	2014
Precious Ogunleye	2013
Jessica Pachay	2012
Allison Palmer	2006-2009
Megan Patterson	2013
Jamie Perzanowski	2012
Christal Peterson	2012-2014
Jackie Potter	2010
Michelle Ranc	2006, 2008
Tavia Record	2006
Jenny Rogan	2006-2008
Jennifer Rogers	2006
Destinee Romain	2011, 2014
Danielle Scaffidi	2011
Mary Schaefer	2006-2007
Aurieyall Scott	2011
Samantha Shields	2008
Kathia Skinner	2009-2010
Katrina Skinner	2010
Sierra Solaun	2011
Shannon Staunton	2006
Michelle Strauss	2006
Amethyst Strickland	2010
Ricki Sullivan	2007
Michelle Teuton	2006
LaKendra Thames	2008, 2010
Dione Thomas	2006
Virginia Traynor	2006-2008
Briana Vaughn	2014
Erica Weiss	2011-2013
Erica Weitz	2007-2010
Kate White	2006
Amelia Williams	2012, 2014
Sonnisha Williams	2010, 2012-13
Erica Winston	2011
Vanessa Ziccardi	2008
Kristen Ziemiński	2006-2008
C-USA Commissioner's Academic Medal	
Ali Brandehoff	2012
Brittany McCord	2010-2013
Jessica Pachay	2012
Jamie Perzanowski	2012
Champelle Brown	2010-2011

REGIONAL AND NATIONAL HONORS

OUTDOOR SEASON

USTFCCCA South Region Coach of the Year

Caryl Smith Gilbert 2009, 2011, 2012, 2013

USTFCCCA South Region Track Athlete of the Year

Aurieyall Scott.....2013

USTFCCCA Track Athlete of the Week

Octavious Freeman.....4/8/2013

USA Track and Field Athlete of the Week

Octavious Freeman.....4/10/2013

Sports Illustrated's Faces in the Crowd

Octavious Freeman.....4/29/2013

Aurieyall Scott.....8/5/2013

Bowerman Watch List

Octavious Freeman.....2012, 2013

Aurieyall Scott.....2013

USTFCCCA All-East Region Team

LaKendra Thames2009 (Discus)

Tiki James 2009 (100H)

Kelsey Poljansek2009 (Discus)

Lizzie Harris 2009 (High Jump)

Dione Thomas2008, 2009 (Triple Jump)

NCAA Regional Qualifiers

2023

Jasmine Scott-Kilgo Long Jump; Triple Jump

Raynia Jones100m Hurdles; 100m; 4x1 Relay

Kaylor Harris 100m Hurdles; 100m Dash

Alicia Coleman 100m Hurdles

Ani Wells 100m

Latasha Smith 200m, 400m

Kiah Williams 400m

Daija Lampkin 100m; 200m

Beyonce Defreitas 200m; 4x1 Relay

Adrienne Adams Discuss

Natalia Madison Triple Jump

Ashera Collins Triple Jump, Long Jump

Janyah Jasper 100m; 4x1 Relay

l'Asia Wilson 100m; 4x1 Relay

2022

Jasmine Scott-Kilgo Long Jump; Triple Jump

Brittany Floyd Long Jump

Raynia Jones 100m Hurdles; 4x1 Relay

Selena Wright 100m Hurdles; 400m Hurdles

Charlotte Crook 1500m

Ciara Holback 100m; 4x1 Relay

Latasha Smith 400m

Kiah Williams 400m

Danielle Bess 400m

Beyonce Defreitas 200m; 4x1 Relay

Adrienne Adams Discuss

Natalia Madison High Jump

Ashera Collins Triple Jump

Kiara Lee Triple Jump

l'Asia Wilson 4x1 Relay

2021

Samierah Bradwell 4x4 Relay

Asherah Collins Triple Jump

Charlotte Crook 1500

Raynia Jones 100m, 200m, 100H

Kai'lyn Kirkland 4x4 Relay

Kiara Lee Triple Jump

Jasmine Scott-Kilgo Long Jump

Latasha Smith 400m; 4x4 Relay

Kiah Williams 4x4 Relay

Alexis Woodley 100H

Selena Wright 400H; 4x4 Relay

2019

Jhane' Carter Shot Put

Beyonce Defreitas 4x1

Gabby Durant Hammer Throw

Loren Gallmon 4x1

Ciara Holback 100m, 200m, 4x1

Zharia Moore 100H

Shaniya Williams 100m, 4x1

2018

Jhane' Carter Hammer Throw, Shot Put

Rosie Chamberlain 800m

Gabby Durant Hammer Throw

Natosha Jordan High Jump

2017

J'Nea Bellamy 4x100 Relay

Anne-Marie Blaney 5,000m, 10,000m

Jhane' Carter Shot Put

Rosie Chamberlain 800m, 4x400 Relay

Ebony Crear 400H, 4x400 Relay

Tere Cooley 4x400 Relay

Loren Gallmon 4x100 Relay

Chelsea Gobourne Hammer Throw

Tayla Greene Hammer Throw

Ashley Jocelyn 400M, 4x100 Relay, 4x400

SheKara Martin 100m, 200m, 4x100 Relay

2016

J'Nea Bellamy 4x100 Relay

Anne-Marie Blaney 5,000m, 10,000m

Jhane' Carter Shot Put

Rosie Chamberlain 800m, 4x400 Relay

Tere Cooley 4x400 Relay

Chelsea Gobourne Hammer Throw

Tayla Greene Hammer Throw

Kalen Hambrick Hammer Throw

SheKara Martin 100m, 200m, 4x100 Relay, 4x400

Christal Peterson 100m, 4x100 Relay, 4x400 Relay

Briana Vaughn 200m, 4x100 Relay

2015

J'Nea Bellamy 100M; 200M; 4x100 Relay

Devinn Cartwright 400H

Rosie Chamberlain 800M

Kalen Hambrick Hammer Throw

Terika Henry 4x400 Relay

Sandy Jean 400H; 4x400 Relay

Ashley Jocelyn 400M; 4x400 Relay

Kirsten Nieuwendam 200M; 4x100 Relay; 4x400 Relay

Christal Peterson 100M; 200M; 4x100 Relay

Briana Vaughn 100M; 200M; 4x100 Relay

Johna' Whitaker 100H

Amelia Williams 800M

2014

J'Nea Bellamy 100M; 200M; 4x100 Relay

Anne-Marie Blaney 5000M, 10,000M

Afia Charles 400M, 4x100 Relay

Jen Clayton Long Jump, 4x100 Relay, 4x400 Relay

Kalen Hambrick Hammer Throw

Sandy Jean 400H, 4x400 Relay

Ashley Jocelyn 400M, 4x400 Relay

Kirsten Nieuwendam 4x100 Relay

Destinee Romain Hammer Throw

Briana Vaughn 100M, 200M

Erica Winston 800M

2013

Octavious Freeman 100M; 200M; 4x100 Relay

Aurieyall Scott 100M; 200M; 4x400 Relay

Alexis Faulknor 100M; Long Jump; 4x100 Relay;

4x400 Relay

Afia Charles 400M; 4x100 Relay; 4x400 Relay

Ne'Ausha Logan 800M; 4x400 Relay

Sandy Jean 400H; 4x400 Relay

Jen Clayton Long Jump; Triple Jump

Sonnisha Williams Long Jump

Precious Ogunleye Shot Put; Weight Throw

Kalen Hambrick Weight Throw

2012

Octavious Freeman 100M; 200M; 4x100 Relay

Aurieyall Scott 100M; 200M; 4x100 Relay

Sheila Paul 100M; 200M; 4x100 Relay

Dominique Booker 200M; 4x100 Relay

Afia Charles 400M

Ne'Ausha Logan 800M

Jackie Coward 100H

Karessa Farley 100H

Aisha-Maree Frazier 400H

Sonnisha Williams Long Jump

Jacquelyn Gilchrist Long Jump

Tomika Story Long Jump; Triple Jump

Jen Clayton Long Jump

Precious Ogunleye Shot Put; Discus

2011

Aurieyall Scott 100M; 4x100 Relay

Sheila Paul 100M; 4x100 Relay

Dominique Booker 100M; 4x100 Relay

Lynne Layne 100M; 4x100 Relay

Afia Charles 400M

Champelle Brown 400M

Jackie Coward 100H; 400H

Mica Wimberly 100H

Karessa Farley 100H

Sandy Jean 400H

Sonnisha Williams Long Jump

Jacquelyn Gilchrist Long Jump

2010

Sheila Paul 100M; 200M

Jackie Coward 100H; 400H

Carley Dart 800M

Tiki James 100HM 4x100 Relay

Micaela Wimberly 100H

Aisha-Marie Frazier 400H

Sonnisha Williams Long Jump

Jacquelyn Gilchrist Long Jump

Tomika Story Triple Jump

LaKendra Thames Shot; Discus

2009

Dione Thomas Triple Jump

Lizzie Harris High Jump

Kelsey Poljansek Shot Put

LaKendra Thames Shot Put

Tiki James 100H

2008

Micaela Wimberly 4x100 Relay

Feyisara Adarmola 4x100 Relay

Shantile Blackburn 800M

Sheree Carter 100H

Victoria Chin 100H; 400H

LaKendra Thames Shot Put

Karen Kozub 800M

Dione Thomas 4x100 Relay, Long Jump

Lizzie Harris 4x100 Relay, 100H; 400H; High Jump

2007

Victoria Chin 400H

LaKendra Thames Discus

2006

Victoria Chin 400H

Diana Chin Long Jump

Katie Fowke Pole Vault

Tiffany Roebuck Hammer

2005

Diana Chin Long Jump, 100H

Katie Fowke Pole Vault

Tiffany Roebuck Hammer

Victoria Chin Triple Jump

Ann Louise Larsen High Jump

Tiffany Roebuck Shot Put; Discus

2004

Karen Kozub 800M

Katie Fowke Pole Vault

Tiffany Roebuck Hammer

Ann Louise Larsen High Jump

LaTrica Firby Triple Jump

LesSundra Ford High Jump

Andrea Morrow 3000 Steeplechase

Rian Thomas Hammer

2003

Ann Louise Larsen High Jump

Kelly Roloff High Jump

REGIONAL AND NATIONAL HONORS

Andrea Morrow 3000 Steeplechase

NCAA Outdoor Championship Qualifiers

2022

Asherah Collins Triple Jump
 Rayniah Jones 100m Hurdles; 4x1 Relay
 Adrienne Adams Discuss
 Ciara Holback 4x1 Relay
 Beyonce Defreitas 4x1 Relay
 l'Asia Wilson 4x1 Relay
 Brittany Floyd Heptathlon

2021

Asherah Collins Triple Jump
 Rayniah Jones 100m Hurdles

2019

Shaniya Williams 4x100 Relay
 Ciara Holback 4x100 Relay
 Beyonce Defreitas 4x100 Relay
 Loren Gallmon 4x100 Relay

2017

J'Nea Bellamy 4x100 Relay
 Loren Gallmon 4x100 Relay
 Ashley Jocelyn 4x100 Relay
 SheKara Martin 4x100 Relay

2016

Anne-Marie Blaney 10,000m
 Tayla Greene Hammer Throw

2015

J'Nea Bellamy 100M; 200M; 4x100 Relay
 Kirsten Nieuwendam 4x100 Relay
 Christal Peterson 4x100 Relay
 Briana Vaughn 4x100 Relay

2014

Jen Clayton Long Jump, 4x100, 4x400
 J'Nea Bellamy 4x100 Relay
 Afia Charles 4x400 Relay
 Sandy Jean 4x400 Relay
 Ashley Jocelyn 4x400 Relay
 Kirsten Nieuwendam 4x100 Relay
 Christal Peterson 4x100 Relay

2013

Aurieyall Scott 100M; 200M, 4x100 Relay
 Octavious Freeman 100M, 200M, 4x100 Relay
 Alexis Faulknor 100M, 4x100 Relay
 Jen Clayton Long Jump
 Sandy Jean 400H
 Afia Charles 4x100 Relay

2012

Aurieyall Scott 100M; 200M
 Octavious Freeman 100M, 200M
 Sheila Paul 100M, 200M
 Jackie Coward 100H
 Sonnisha Williams Long Jump
 Jacquelyn Gilchrist Long Jump

2011

Dominique Booker 100M; 4x100 Relay
 Aurieyall Scott 100M; 200M; 4x100 Relay
 Sheila Paul 100M; 4x100 Relay
 Lynne Layne 4x100 Relay
 Jackie Coward 100H
 Champelle Brown 4x400 Relay
 Sonnisha Williams 4x400 Relay
 Sandy Jean 4x400 Relay
 Erica Winston 4x400 Relay

2010

Sonnisha Williams Long Jump
 Jackie Coward 100H
 Tiki James 100H

2009

LaKendra Thames Discuss
 Kelsey Poljansek Discuss
 Lizzie Harris High Jump
 Dione Thomas Triple Jump
 Tiki James 100H

2004

LesSundra Ford High Jump

NCAA Provisional Qualifiers

2008

Lizzie Harris High Jump

2003

Kelly Roloff Heptathlon

2002

Jamie Pew Heptathlon

2001

Sonja Shedden 10,000M

USTFCCCA All-American

2022

First Team

l'Asia Wilson 4x1 Relay (7th place)
 Rayniah Jones 4x1 Relay (7th place)
 Ciara Holback 4x1 Relay (7th place)
 Beyonce Defreitas 4x1 Relay (7th place)

Second Team

Rayniah Jones 100m Hurdles (DQ)

Honorable Mention

Ashera Collins Triple Jump (17th place)
 Adrienne Adams Discuss (21st place)

2021

First Team

Rayniah Jones 100H (2nd place)

Honorable Mention

Asherah Collins Triple Jump (23rd place)

2019

Second Team

Shaniya Williams 4x100 Relay (14th place)
 Ciara Holback 4x100 Relay (14th place)
 Beyonce Defreitas 4x100 Relay (14th place)
 Loren Gallmon 4x100 Relay (14th place)

2017

Second Team

J'Nea Bellamy 4x100 Relay (16th place)
 Loren Gallmon 4x100 Relay (16th place)
 Ashley Jocelyn 4x100 Relay (16th place)
 SheKara Martin 4x100 Relay (16th place)

2016

Second Team

Anne-Marie Blaney 10,000m (14th place)

Honorable Mention

Tayla Greene Hammer Throw (24th place)

2015

Honorable Mention

J'Nea Bellamy 100M (20th place),
 200M (20th place), 4x100 Relay (21st place)
 Kirsten Nieuwendam 4x100 Relay (21st place)
 Christal Peterson 4x100 Relay (21st place)
 Briana Vaughn 4x100 Relay (21st place)

2014

Second Team

J'Nea Bellamy 4x100 Relay (11th place)
 Afia Charles 4x400 Relay (15th place)
 Jen Clayton 4x100 Relay (11th place), 4x400 Relay
 (15th place), Long Jump (15th place)
 Sandy Jean 4x400 Relay (15th place)
 Ashley Jocelyn 4x400 Relay (15th place)
 Kirsten Nieuwendam 4x100 Relay (11th place)
 Christal Peterson 4x100 Relay (10th place)

2013

First Team

Aurieyall Scott 100M (4th place); 200M (3rd place);
 4x100 Relay (2nd leg, 2nd place)
 Octavious Freeman 100M (2nd place);
 200M (7th place); 4x100 Relay (4th leg, 2nd place)

Afia Charles 4x100 Relay (3rd leg, 2nd place)
 Alexis Faulknor 4x100 Relay (1st leg, 2nd place)
 Jen Clayton Long Jump (3rd place)

Second Team

Sandy Jean 400H (10th place)
 Alexis Faulknor 100M (14th place)

2012

First Team

Jackie Coward 100H (4th place)
 Aurieyall Scott 100M (8th place)
 Octavious Freeman 100M (5th place); 200M (4th place)

Second Team

Jacquelyn Gilchrist Long Jump (13th place)
 Sonnisha Williams Long Jump (14th place)
 Aurieyall Scott 200M (9th place)
 Sheila Paul 100M (13th place)

Honorable Mention

Sheila Paul 200M (21st place)

2011

First Team

Jackie Coward 100H (3rd place);
 4x100 Relay, (1st leg, 4th place)
 Aurieyall Scott 100M (4th place);
 4x100 Relay (2nd leg, 4th place)
 Lynne Lane 4x100 Relay (3rd leg, 4th place)
 Sheila Paul 4x100 Relay (4th leg, 4th place)

Second Team

Sheila Paul 100M (16th place)
 Aurieyall Scott 200M (10th place)

2010

Jackie Coward 100H (5th place)

USTFCCCA Scholar Team of the Year

UCF 2013

USTFCCCA All-Academic Team

UCF 2002, 2003, 2004, 2005, 2014, 2020
 Sonja Shedden 2002
 Kelly Roloff 2003
 Katie Fowke 2005-06
 Champelle Brown 2011
 Afia Charles 2011
 Sandy Jean 2011
 Lynne Layne 2011
 Aurieyall Scott 2011
 Lutisha Bowen 2013
 Sonnisha Williams 2013
 Precious Ogunleye 2013
 Alexis Faulknor 2013
 J'Nea Bellamy 2014
 Anne-Marie Blaney 2014
 Ashley Jocelyn 2014
 Kirsten Nieuwendam 2014
 Briana Vaughn 2014
 Imani Clark 2020
 Ciara Holback 2020, 2022
 Rayniah Jones 2020, 2021, 2022
 Latasha Smith 2021, 2022
 Selena Wright 2021, 2022
 Adrienne Adams 2022
 Charlotte Crook 2022
 Beyonce Defreitas 2022
 Brittany Floyd 2022
 Leiya Green 2022
 Chloe Hill 2022
 Kiara Lee 2022
 Natalia Madison 2022
 Jasmine Scott-Kilgo 2022

ESPN The Magazine/CoSIDA Academic All-America

REGIONAL AND NATIONAL HONORS

Second Team

Kristen Zieminski 2008

Third Team

Astrid Claessens..... 2005

ESPN The Magazine/CoSIDA Track and Field

Academic All-District First Team

Anne-Marie Blaney..... 2016

Rosie Chamberlain..... 2016

Kristen Zieminski 2008

Tracy Fischler 2006

Astrid Claessens..... 2005

Second Team

Dominique Booker ...60m (10th place), 200m (15th place)

Champelle Brown .4x400m Relay (11th place; 1st leg)

Afia Charles 4x400m Relay (11th place; 2nd leg)

Lynne Layne 4x400m Relay (11th place; 4th leg)

Aurieyall Scott..... 4x400m Relay (11th place; 3rd leg)

2009

Jackie Coward 60m Hurdles (7th place)

Tiki James 60m Hurdles (5th place)

Dione Thomas Triple Jump (10th place)

2008

Lizzie Harris.....High Jump (15th place)

INDOOR SEASON

USTFCCA South Region Coach of the Year

Caryl Smith Gilbert2011, 2013

USTFCCA South Region Track Athlete of the Year

Aurieyall Scott.....2013

Octavious Freeman.....2012

USTFCCA Track Athlete of the Week

Aurieyall Scott.....2/11/2013

NCAA Provisional Qualifiers

2002

Sonja Shedden..... 5,000m

USTFCCA All-American

2022

First Team

Rayniah Jones 60m Hurdles (3rd Place)

Second Team

Rayniah Jones 60m (11th Place)

Latasha Smith 400m (14th Place)

2017

First Team

Anne-Marie Blaney..... 5,000M (8th place)

2013

First Team

Aurieyall Scott..... 60M (1st place); 200M (2nd place)

Octavious Freeman. 60M (3rd place); 200M (3rd place)

Second Team

Lutisha Bowen 60H (15th place)

2012

First Team

Jackie Coward 60m Hurdles (5th place)

Aurieyall Scott..... 60m (3rd place)

Octavious Freeman.60m (2nd place); 200m (4th place)

Second Team

Sonnisha Williams Long Jump (9th place)

2011

First Team

Jackie Coward 60m Hurdles (3rd place)

Aurieyall Scott..... 60m (7th place), 200m (8th place)

Sonnisha Williams Long Jump (7th place)