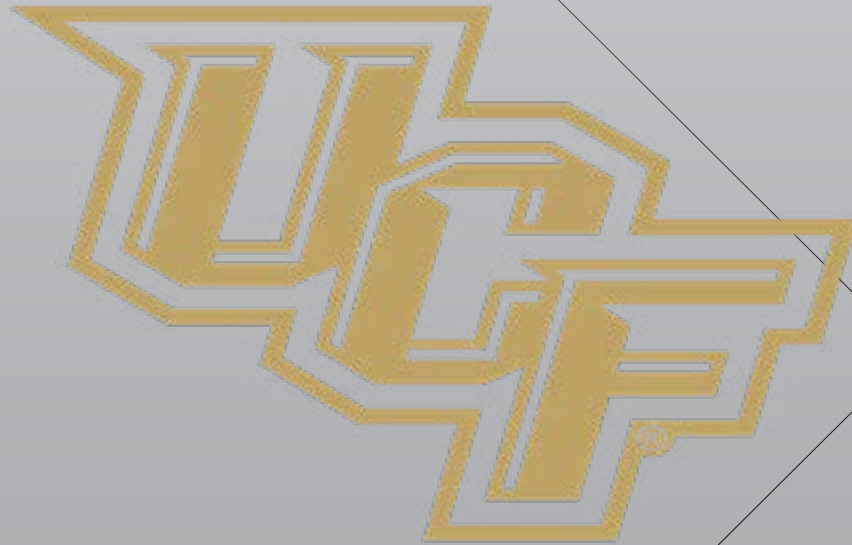


TRACK AND FIELD RECORD BOOK



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	2:52.16	1/19/24
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			
Event	Name	Mark/Time	Date
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	Y'Vette Harris	3,440 points	1/19/23

[^]Indicates time converted from flat track

OUTDOOR			
Event	Name	Mark/Time	Date
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

Event	Name(s)	Team	Mark/Time	Date
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	Unattached	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

Event	Name(s)	Team	Mark/Time	Date
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
2011\$	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

2024 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 (6th Season)
 Alma Mater.....Virginia, 1991
 Assistant Coach.....Bryan Harmon (1st Season)
 Assistant Coach.....Glenn Smith (4th Season)
 Assistant Coach.....Jasmyne Graham (1st Season)
 Athletic Trainer.....Mario Rodriquez
Denali Schappacher
 Sports Performance Coach.....N/A
 Track Office Phone.....(407) 823-0096

TEAM INFORMATION

RETURNING ALL-CONFERENCE PERFORMERS

Indoor
 Rayniah Jones.....60m, 60H
 Janyah Jasper.....60m
 Latasha Smith.....400m
 Kiah Williams.....200m, 400m
 Asherah Collins.....Triple Jump

Outdoor
 Rayniah Jones.....100H, 100m, 200m
 Latasha Smith.....400m, 200m
 Ani Wells.....4x1
 Janyah Jasper.....4x1
 Kiah Williams.....400m, 4X4
 l'Asia Wilson.....4X1
 Asherah Collins.....Triple Jump, Long Jump

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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 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

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

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

4x400 Relay Preliminaries

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

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)

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
	11.14 (+0.9)	F/4 (5 pts)
--Alexis Faulknor	11.37 (+2.3)	P/14

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	

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;
 Aurieyall Scott (So.) 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

2023

Latasha Smith 200m, 400m
 Rayniah Jones 100m, 100m Hurdles
 Asherah Collins Triple Jump
 4x100 Relay.....A. Wells, I. Wilson, B. Defreitas, J. Jasper

2022

Latasha Smith 400m
 Rayniah 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
 Rayniah 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 Gbourne 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

Rayniah Jones 200m
 Jasmine Scott-Kilgo Long Jump, Triple Jump
 Kaylor Harris 100m Hurdles
 Brenna Mullaney 3000 Steeplechase

2022

Rayniah 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	
Natasha 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
Shelia 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 relayJ. 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 relayE. 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 Beau brun	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 RelayA. Jocelyn, T. Henry, T. Cooley, R. Chamberlain	
2015	
Anne-Marie Blaney.....	5000m
4x400 RelayS. Jean, K. Nieuwendam, T. Henry, A. Jocelyn	
2013	
Aurieyall Scott.....	60m, 200m
4x400 RelayA. 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 RelayC. 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. Rodriquez, B. Defreitas, K. Pinnell, C. Crook	
2020	
4x4 Relay.....L.Gallmon, S. Bradwell, S. Hyde, L. Smith	

CONFERENCE HONORS

Daneesha Davidson	2019	Triple Jump
2018		
Rosie Chamberlain.....	800m	
2017		
Anne-Marie Blaney.....	Mile, 3,000m	
Chelsea Gobourne.....	Weight Throw	
Natasha Jordan.....	High Jump	
2016		
Briana Vaughn	200m	
2015		
J'Nea Bellamy	60m	
Anne-Marie Blaney.....	3000m	
Kalen Hambrick	Weight Throw	
2014		
Destinee Romain	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	
2012		
Dominique Booker.....	60m	
4x400 Relay.. A. Charles, J. Coward, S. Williams, E. Winston		
2011		
Champelle Brown	400m	
Karessa Farley.....	60m Hurdles	
2010		
Tiki James	60m Hurdles	
LaKendra Thames	Shot Put	
2009		
Tiki James	60m Hurdles	
Lizzie Harris	High Jump, Heptathlon	
Dione Thomas	Long Jump	
2006		
Tiffany Roebuck	Weight Throw	
All-Conference Third Team		
2022		
Latasha Smith	400m	
Beyonce Defreitas	60m	
Asherah Collins	Triple Jump	
Kiah Williams	200m	
2022		
Katie Pinnell.....	800m	
Kaylor Harris	60m Hurdles	
Kaliah Jones	High Jump	
Jasmine Scott-Kilgo	Long Jump	
2020		
Shian Hyde.....	60m, 200m	
2019		
Shian Hyde.....	60m, 200m	
2018		
Gabby Durant	Weight Throw	
2017		
Alissa Williams.....	60m, 200m	
Crear, Jocelyn, Martin, Chamberlain	4x400	
2016		
Briana Vaughn	60m	
Ashley Jocelyn	400m	
2014		
J'Nea Bellamy	60m	
Afia Charles	200m, 400m	
Jen Clayton	Long Jump	
Allison Lampert	High Jump	
2013		
Alexis Faulknor	60m	
Ne'Ausha Logan	800m	
Anne-Marie Blaney.....	5000m	
2012		
Dominique Booker.....	200m	
Sheree Carter	2007-2008, 2010	
Jacquelyn Gilchrist.....	Long Jump	
2011		
Lynne Layne	60m	
Aurieyall Scott.....	200m	
Carley Dart.....	800m	

Mica Wimberly	60m Hurdles
Sonnisha Williams	Long Jump
2010	
Sonnisha Williams	Long Jump
Tomika Story	Triple Jump
Lakendra Thames	Weight Throw
2009	
Jackie Coward	60m Hurdles
Kelsey Poljansek	Shot Put
2008	
Dione Thomas	Long, Triple Jump
Micaela Wimberly	60m Hurdles
2007	
Sheree Carter	Heptathlon
Katorie Stinney	High Jump
2006	
Diana Chin	Long Jump
AAC Track Athlete of the Week	
Rayniah Jones	1/25/22; 2/8/22; 2/15/22;
	1/17/23; 2/14/23
Kiah Williams	1/24/23
Latasha Smith	1/18/22
Shian Hyde.....	1/15/20
Anne-Marie Blaney.....	1/20/2015; 4/26 & 4/5,
	2016; 2/14, 1/31 1/24 & , 2017
J'Nea Bellamy	2/9/16
Rosie Chamberlain.....	1/19, 1/26 & 3/22, 2016
AAC Field Athlete of the Week	
Asherah Collins.....	1/17/23
Allison Lampert	1/27/15
Chelsea Gobourne	1/17/17
C-USA Track Athlete of the Year	
Aurieyall Scott.....	2013
Octavious Freeman.....	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;
	1/17, 1/24 & 2/14/2012
Jackie Coward	2/7/2012; 2/15/2011
Sonnisha Williams.....	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
Siaina 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 Goldberg.....	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
Jaelyn 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	2

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 Thames 2009 (Discus)

Tiki James 2009 (100H)

Kelsey Poljansek 2009 (Discus)

Lizzie Harris 2009 (High Jump)

Dione Thomas 2008, 2009 (Triple Jump)

NCAA Regional Qualifiers

2023

Jasmine Scott-Kilgo Long Jump; Triple Jump

Rayniah Jones 100m 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

Rayniah 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

Samieriah Bradwell 4x4 Relay

Asherah Collins Triple Jump

Charlotte Crook 1500

Rayniah 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 4x1 Relay

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

Sonnisha Williams Long 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

2023

Asherah Collins Triple Jump

Rayniah Jones 100M; 100m Hurdles; 4x1 Relay

Jasmine Scott-Kilgo Long Jump

Daija Lampkin 4x1 Relay

Beyonce Defreitas 4x1 Relay

l'Asia Wilson 4x1 Relay

Kaylor Harris 100m Hurdles

Kiah Williams 400M

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

REGIONAL AND NATIONAL HONORS

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

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

INDOOR SEASON

USTFCCA South Region Coach of the Year

Caryl Smith Gilbert..... 2011, 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

2023

Second Team

Rayniah Jones..... 60m Hurdles (12th place)

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)

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)