

# TRACK AND FIELD RECORD BOOK



## **2024 UCF TRACK AND FIELD RECORD BOOK**

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# **KNIGHTS™**

# All-Time Indoor Records

<b>Event</b>	<b>Name(s)</b>	<b>Mark/Time</b>	<b>Date</b>
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

<b>Event</b>	<b>Name(s)</b>	<b>Mark/Time</b>	<b>Date</b>
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	Y'Vette Harris	3,440 points	1/19/23

<sup>^</sup>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	Gladys Chepngetich	UCF	2:01.70	3/23/24
1,000M	Astrid Claessens	UCF	2:58.9	2/14/03
1,500M	Rylee Penn	Louisville	4:11.97	3/15/24
3,000M	Silvia Jelalgo	Clemson	9:27.95	3/23/24
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	Julia Tunks	Unattached	191-10/58.48m	3/15/24
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	Owen Karas	Yale	3:44.52	3/22/24
3,000M	Samuel Geisler	Connecticut	8:28.30	3/17/23
2,000M Steeple	Patrick Thygesen	Providence	5:35.30	3/15/24
3,000M Steeple	Benjamin Preisner	Tulsa	8:58.21	5/14/16
5,000M	Abdel Leadjel	Providence	13:46.37	3/15/24
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
2024&	Texas Tech	21	13th			

**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    & - Big 12    \*Conference record

<h2>2024 Quick Facts</h2> <h3>UCF INFORMATION</h3> <p>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</p> <h3>COACHING STAFF</h3> <p>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 Rodriguez          .....Denali Schappacher          Sports Performance Coach.....N/A          Track Office Phone.....(407) 823-0096</p>	<h3>TEAM INFORMATION</h3> <h4>RETURNING ALL-CONFERENCE PERFORMERS</h4> <p><i>Indoor</i>          Rayniah Jones.....60m, 60H          Janyah Jasper.....60m          Latasha Smith.....400m          Kiah Williams.....200m, 400m          Asherah Collins.....Triple Jump</p> <p><i>Outdoor</i>          Rayniah Jones.....100H, 100m, 200m          Latasha Smith.....400m, 200m          Ani Wells.....4x1          Janyah Jasper.....4x1          Kiah Williams.....400m, 4X1          l'Asia Wilson.....4X1          Asherah Collins.....Triple Jump, Long Jump</p>	<h3>TRACK AND FIELD HISTORY</h3> <p>First Year at Division I Level .....1989          First Year in The American.....2013-14          Conference Championships/Last ..19/2023</p> <h3>ATHLETICS COMMUNICATIONS</h3> <p>Contact.....Alex Clough          Office Phone.....(470) 213-7592          E-Mail.....aclough@athletics.ucf.edu          Website.....UCFKnights.com          Twitter.....@UCF_Track          Instagram.....@UCF.TFXC          Facebook.....like "UCF Track and Field"</p> <h3>UCF, Not Central Florida</h3> <p>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.</p> <p>Also, please note that UCF's teams are no longer being referred to as the Golden Knights. Instead, they are simply called the Knights.</p>
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# 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)
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--Aurieyall Scott	11.00 (+2.6)	P/2
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	11.14 (+0.9)	F/4 (5 pts)
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--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)
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--Octavious Freeman	22.85 (+2.2)	P/6
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	22.92 (+3.5)	F/7 (2 pts)
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### 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)
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#### 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)
--	------	-------------

#### 200 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

### 2023 NCAA Outdoor Championships -

#### Make A. Myers Stadium (Austin, Texas)

Overall Finish: N/A

#### 4x100 Relay

Athlete	Time	Round/Finish
--UCF	DNF	--

(Daija Lampkin, Rayniah Jones, Beyonce Defreitas, l'Asia Wilson)

#### 100 Hurdles

Athlete	Time	Round/Finish
--Rayniah Jones	12.91 (0.2)	P/6

	13.00 (3.8)	F/9
--	-------------	-----

--Kaylor Harris	13.82 (0.5)	P/22
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#### 100 Meters

Athlete	Time	Round/Finish
--Rayniah Jones	11.52 (-0.1)	P/22

#### 400 Meters

Athlete	Time	Round/Finish
--Kiah Williams	52.34	P/21

#### Triple Jump

Athlete	Time	Round/Finish
--Ashera Collins	13.48m (1.9)	F/10

#### Long Jump

Athlete	Time	Round/Finish
--Jasmine Scott-Kilgo	5.95m (-0.5)	F/18

### 2023 NCAA Indoor Championships -

# UCF at...

**2024 NCAA Indoor Championships -  
The Track at New Balance (Boston, Mass.)**  
Overall Finish: N/A

## 60 Hurdles

Athlete	Time	Round/Finish
--Rayniah Jones	8.78	P/15

## 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)
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#### Senior

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

Jhane' Carter (Fr.)	Shot Put prelims - 14th
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- 2013 -

Drake Stadium (Des Moines, Iowa)

Athlete	Event (Advanced to - Finish)
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#### 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)
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#### 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)
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#### Senior

Jackie Coward (So.)	100H semis - 10th
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Tiki James (Sr.)	100H finals - 6th
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#### Junior

Sonnisha Williams (Fr.)	Long Jump finals - 5th - 2009 -
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Hayward Field (Eugene, Ore.)

Athlete	Event (Advanced to - Finish)
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#### Senior

Tiki James (Jr.)	100H semis - 14th - 2007 -
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IU Michael A. Carroll Track & Soccer Stadium, IUPUI  
(Indianapolis, Ind.)

Athlete	Event (Advanced to - Finish)
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#### Junior

LaKendra Thames (Fr.)	Discus finals - 19th
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## INTERNATIONAL EVENTS

### NACAC U23 Championships

- 2012 -

Guanajuato, Mexico

Athlete	Event (Advanced to - Finish)
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Octavious Freeman (Fr.)	100M finals - 2nd; 4x100 relay finals (2nd leg) - 1st
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Aurieyall Scott (So.)	100M finals - 1st 4x100 relay finals (3rd leg) - 1st
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Sonnisha Williams (Jr.)	Long Jump finals - 2nd
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### South American Championships

- 2013 -

Cartagena, Colombia

Athlete	Event (Advanced to - Finish)
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Jen Clayton (Jr.; Panama)	Long Jump finals - 4th
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### World University Games

- 2013 -

Kazan, Russia

Athlete	Event (Advanced to - Finish)
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Aurieyall Scott (Jr.)	100M finals - 1st; 4x100 relay finals (2nd leg) - 2nd
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# 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
<b>All-Conference Second Team</b>	
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
<b>All-Conference Third Team</b>	
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
Shelia Paul	200m
Sandy Jean	400m Hurdles
2010	
Miceala Wimberly	100m Hurdles
2009	
Miceala Wimberly	100m Hurdles
Shelia 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
<b>AAC Most Outstanding Track Performer</b>	
J'Nea Bellamy	2015
Rayniah Jones	2022, 2023
<b>AAC Freshman of the Year</b>	
Rayniah Jones	2021
<b>AAC Track Athlete of the Week</b>	
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
<b>AAC Field Athlete of the Week</b>	
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
<b>C-USA Female Athlete of the Year (League Overall)</b>	
Aurieyall Scott	2013
<b>C-USA Track Athlete of the Year</b>	
Octavious Freeman	2013, 2012
Jackie Coward	2011
<b>C-USA Freshman of the Year</b>	
Jenny Clausen	2007
<b>C-USA Championships Performer of the Meet</b>	
Jackie Coward	2011
<b>C-USA Championships High Point Scorer</b>	
Aurieyall Scott	2011, 2012, 2013
Alexis Faulknor	2013
<b>C-USA Championships Freshman of the Meet</b>	
Alexis Faulknor	2013
Octavious Freeman	2012
Aurieyall Scott	2011
<b>C-USA Coach of the Year</b>	
Caryl Smith Gilbert	2010, 2011, 2012, 2013
<b>C-USA Athlete of the Week</b>	
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
Shelia Paul	3/23/2010
Lizzie Harris	3/24/2009; 5/13/2008
Kelsey Pojansek	3/31/2009
Dione Thomas	4/29/2008
<b>Atlantic Sun Coach of the Year</b>	
Marcia Mansur-Wentworth	1997, 1998, 2000, 2001, 2002, 2003, 2004, 2005
<b>Atlantic Sun Athlete of the Year</b>	
Katara Beard	2000, 2001
Valerie Beaubrun	2002
Tiffany Roebuck	2005

## INDOOR SEASON

### First Place

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	
Shelia Paul	60m
Dione Thomas	Triple Jump
2008	
Lizzie Harris	High Jump
<b>Second Place</b>	
2024	
Rayniah Jones	60m Hurdles
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	

# CONFERENCE HONORS

	2020
4x4 Relay.....L.Gallmon, S. Bradwell, S. Hyde, L. Smith	2019
Daneesha Davidson.....Triple Jump	2018
Rosie Chamberlain.....800m	2017
Anne-Marie Blaney..... Mile, 3,000m	Chelsea Gobourne..... Weight Throw
Natosha 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	2011
Champelle Brown.....400m	Karessa Farley.....60m Hurdles
Karessa Farley.....60m Hurdles	2010
Tiki James.....60m Hurdles	LaKendra Thames..... Shot Put
LaKendra Thames..... Shot Put	2009
Tiki James.....60m Hurdles	Lizzie Harris..... High Jump, Heptathlon
Lizzie Harris..... High Jump, Heptathlon	Dione Thomas..... Long Jump
Dione Thomas..... Long Jump	2006
Tiffany Roebuck..... Weight Throw	<b>Third Place</b>
	2024
Adaobi Tabugbo.....60m Hurdles	2023
Latasha Smith.....400m	Beyonce Defreitas.....60m
Beyonce Defreitas.....60m	Asherah Collins.....Triple Jump
Asherah Collins.....Triple Jump	Kiah Williams.....200m
Kiah Williams.....200m	2022
Katie Pinnell.....800m	Kaylor Harris.....60h Hurdles
Kaylor Harris.....60h Hurdles	Kaliah Jones..... High Jump
Kaliah Jones..... High Jump	Jasmine Scott-Kilgo..... Long 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
Crear, Jocelyn, Martin, Chamberlain..... 4x400	2016
Briana Vaughn.....60m	Ashley Jocelyn.....400m
Ashley Jocelyn.....400m	2014
J'Nea Bellamy.....60m	Afia Charles.....200m, 400m
Afia Charles.....200m, 400m	Jen Clayton..... Long Jump
Jen Clayton..... Long Jump	Allison Lampert..... High Jump
Allison Lampert..... High Jump	2013
Alexis Faulknor.....60m	Ne'Ausha Logan.....800m
Ne'Ausha Logan.....800m	Anne-Marie Blaney.....5000m
Anne-Marie Blaney.....5000m	2012
Dominique Booker.....200m	Jacquelyn Gilchrist..... Long Jump

	2011
Lynne Layne.....60m	Aurieyall Scott.....200m
Aurieyall Scott.....200m	Carley Dart.....800m
Carley Dart.....800m	Mica Wimberly.....60m Hurdles
Mica Wimberly.....60m Hurdles	Sonnisha Williams..... Long Jump
Sonnisha Williams..... Long Jump	2010
Sonnisha Williams..... Long Jump	Tomika Story.....Triple Jump
Tomika Story.....Triple Jump	Lakendra Thames..... Weight Throw
Lakendra Thames..... Weight Throw	2009
Jackie Coward.....60m Hurdles	Kelsey Poljansek..... Shot Put
Kelsey Poljansek..... Shot Put	2008
Dione Thomas..... Long, Triple Jump	Micaela Wimberly.....60m Hurdles
Micaela Wimberly.....60m Hurdles	2007
Sheree Carter..... Heptathlon	Katorie Stinney..... High Jump
Katorie Stinney..... High Jump	2006
Diana Chin..... Long Jump	<b>AAC Track Athlete of the Week</b>
	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
	<b>AAC Field Athlete of the Week</b>
	Asherah Collins.....1/17/23
	Allison Lampert.....1/27/15
	Chelsea Gobourne.....1/17/17
	<b>C-USA Track Athlete of the Year</b>
	Aurieyall Scott.....2013
	Octavious Freeman.....2012
	Jackie Coward.....2011
	<b>C-USA Field Athlete of the Year</b>
	Dione Thomas.....2009
	<b>C-USA Championships Freshman of the Meet</b>
	Alexis Faulknor.....2013
	Aurieyall Scott.....2011
	<b>C-USA Coach of the Year</b>
	Caryl Smith Gilbert.....2011, 2013
	<b>Conference USA Winter Spirit of Service Award</b>
	Sonnisha Williams.....2012
	<b>C-USA Track Athlete of the Week</b>
	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
	<b>Conference All-Academic Honors</b>
	Fey Adaramola.....2007-2008
	Jocelin Adona.....2014
	Amy Ankli.....2014
	Brittany Barber.....2014
	Kelsey Bealert.....2006-2007
	Dan'Ele 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
Victoria Chin.....2006	Heather Classe.....2014
Heather Classe.....2014	Jenny Clausen.....2007-2008
Jenny Clausen.....2007-2008	Jen Clayton.....2012-13
Jen Clayton.....2012-13	Ocean Cohen.....2008-2011
Ocean Cohen.....2008-2011	Kylene Colassati.....2006
Kylene Colassati.....2006	Jackie Coward.....2010
Jackie Coward.....2010	Carley Dart.....2011
Carley Dart.....2011	April Downey.....2010
April Downey.....2010	Kelly Dwyer.....2007
Kelly Dwyer.....2007	London Enos.....2011
London Enos.....2011	Karessa Farley.....2011-12
Karessa Farley.....2011-12	Katie Fowke.....2006-2007
Katie Fowke.....2006-2007	Jessica Francis.....2007-2008, 2010
Jessica Francis.....2007-2008, 2010	Alyssa Franks.....2010-2011
Alyssa Franks.....2010-2011	Octavious Freeman.....2012
Octavious Freeman.....2012	Mason Gardberg.....2010-2011
Mason Gardberg.....2010-2011	Jacquelyn Gilchrist.....2010-2012
Jacquelyn Gilchrist.....2010-2012	LaToya Green.....2006
LaToya Green.....2006	Kalen Hambrick.....2012, 2014
Kalen Hambrick.....2012, 2014	Alyssa Hamel.....2014
Alyssa Hamel.....2014	Kendra Howell.....2007
Kendra Howell.....2007	Sandy Jean.....2011-2014
Sandy Jean.....2011-2014	Ashley Jocelyn.....2013-2014
Ashley Jocelyn.....2013-2014	Jaclyn Johnson.....2007-2010
Jaclyn Johnson.....2007-2010	Shannon Kelly.....2007-2010
Shannon Kelly.....2007-2010	Lia King.....2014
Lia King.....2014	Stephanie Knapp.....2007-2008
Stephanie Knapp.....2007-2008	Allison Lampert.....2014
Allison Lampert.....2014	Lynne Layne.....2011
Lynne Layne.....2011	Rayeisha Lowe-Chin.....2013
Rayeisha Lowe-Chin.....2013	Brittany McCord.....2010-2013
Brittany McCord.....2010-2013	Brittney McDermott.....2007-2008
Brittney McDermott.....2007-2008	Kelly McNeill.....2006-2009
Kelly McNeill.....2006-2009	Elizabeth Miller.....2006-2008
Elizabeth Miller.....2006-2008	Amanda Monde.....2006-2007
Amanda Monde.....2006-2007	Kirsten Nieuwendam.....2014
Kirsten Nieuwendam.....2014	Precious Ogunleye.....2013
Precious Ogunleye.....2013	Jessica Pachay.....2012
Jessica Pachay.....2012	Allison Palmer.....2006-2009
Allison Palmer.....2006-2009	Megan Patterson.....2013
Megan Patterson.....2013	Jamie Perzanowski.....2012
Jamie Perzanowski.....2012	Christal Peterson.....2012-2014
Christal Peterson.....2012-2014	Jackie Potter.....2010
Jackie Potter.....2010	Michelle Ranc.....2006, 2008
Michelle Ranc.....2006, 2008	Tavia Record.....2006
Tavia Record.....2006	Jenny Rogan.....2006-2008
Jenny Rogan.....2006-2008	Jennifer Rogers.....2006
Jennifer Rogers.....2006	Destinee Romain.....2011, 2014
Destinee Romain.....2011, 2014	Danielle Scaffidi.....2011
Danielle Scaffidi.....2011	Mary Schaefer.....2006-2007
Mary Schaefer.....2006-2007	Aurieyall Scott.....2011
Aurieyall Scott.....2011	Samantha Shields.....2008
Samantha Shields.....2008	Kathia Skinner.....2009-2010
Kathia Skinner.....2009-2010	Katrina Skinner.....2010
Katrina Skinner.....2010	Sierra Solaun.....2011
Sierra Solaun.....2011	Shannon Staunton.....2006
Shannon Staunton.....2006	Michelle Strauss.....2006
Michelle Strauss.....2006	Amethyst Strickland.....2010
Amethyst Strickland.....2010	Ricki Sullivan.....2007
Ricki Sullivan.....2007	Michelle Teuton.....2006
Michelle Teuton.....2006	LaKendra Thames.....2008, 2010
LaKendra Thames.....2008, 2010	Dione Thomas.....2006
Dione Thomas.....2006	Virginia Traynor.....2006-2008
Virginia Traynor.....2006-2008	Briana Vaughn.....2014
Briana Vaughn.....2014	Erica Weiss.....2011-2013
Erica Weiss.....2011-2013	Erica Weitz.....2007-2010
Erica Weitz.....2007-2010	Kate White.....2006
Kate White.....2006	Amelia Williams.....2012, 2014
Amelia Williams.....2012, 2014	Sonnisha Williams.....2010, 2012-13
Sonnisha Williams.....2010, 2012-13	Erica Winston.....2011
Erica Winston.....2011	Vanessa Ziccardi.....2008
Vanessa Ziccardi.....2008	Kristen Zieminski.....2006-2008
Kristen Zieminski.....2006-2008	<b>C-USA Commissioner's Academic Medal</b>
	Ali Brandehoff.....2012

# 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

Samierayah 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 Gbourne ..... 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 Gbourne ..... 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

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  
 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

2023

Second Team  
 Rayniah Jones ..... 100m Hurdles (9th place)  
 Asherah Collins ..... Triple Jump (10th place)

## Honorable Mention

Jasmine Scott-Kilgo ..... Long Jump (18th place)  
 Kaylor Harris ..... 100m Hurdles (22nd place)  
 Rayniah Jones ..... 100M (22nd place)  
 Kiah Williams ..... 400M (21st place)

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

# 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

### USTFCCCA South Region Coach of the Year

Caryl Smith Gilbert..... 2011, 2013

### USTFCCCA South Region Track Athlete of the Year

Aurieyall Scott..... 2013  
 Octavious Freeman..... 2012

### USTFCCCA Track Athlete of the Week

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

### NCAA Provisional Qualifiers

2002

Sonja Shedden..... 5,000m

### USTFCCCA All-American

2024

#### Second Team

Rayniah Jones..... 60m Hurdles (15th place)

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)