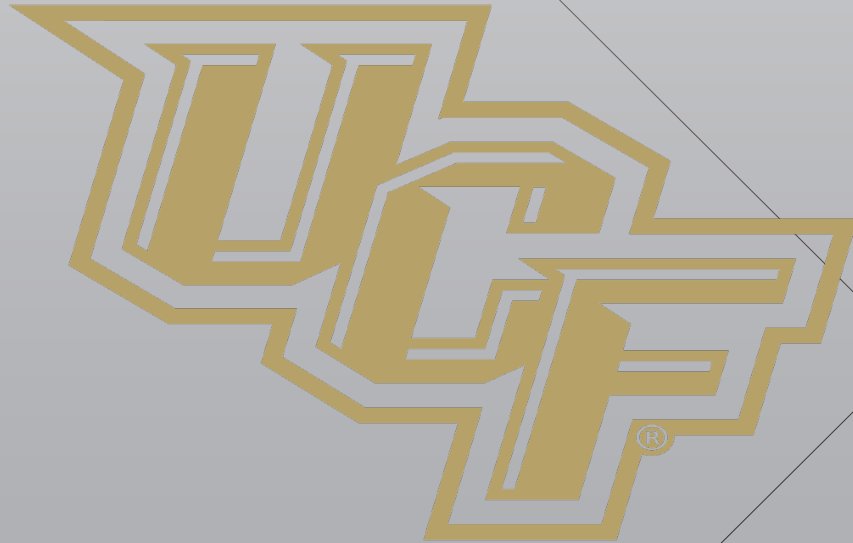


TRACK AND FIELD RECORD BOOK



2023 UCF TRACK AND FIELD RECORD BOOK

TABLE OF CONTENTS	1
ALL-TIME SCHOOL RECORDS	2-4
QUICK FACTS	5
ALL-TIME NCAA CHAMPIONSHIPS RESULTS	6-7
OLYMPIANS AND OLYMPIC TRIALS	8
CONFERENCE CHAMPIONSHIP RESULTS AND CONFERENCE HONORS	9-11
REGIONAL AND NATIONAL HONORS	12-14

KNIGHTS™

All-Time Indoor Records

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

<u>Event</u>	<u>Name(s)</u>	<u>Mark/Time</u>	<u>Date</u>
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	12.59	6/8/24
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	
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

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

UCF Track and Field Complex Records

WOMEN

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

MEN

<u>Event</u>	<u>Name(s)</u>	<u>Team</u>	<u>Mark/Time</u>	<u>Date</u>
100M	Leshon Collins	Houston	10.15	5/15/16
200M	Dwight St. Hillaire	Kentucky	20.24	3/18/22
400M	Arismendy Peguero	Unattached	45.86	4/28/07
800M	Duane Solomon	Saucony	1:46.45	3/19/16
1500M	Billy Hill	Rutgers	3:44.98	3/18/22
3,000M	Samuel Geisler	Connecticut	8:28.30	3/17/23
2,000M Steeple	Patrick Thygesen	Providence	5:35.30	3/15/24
3,000M Steeple	Benjamin Preisner	Tulsa	8:58.21	5/14/16
5,000M	Abdel Laadjel	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
2011S	Houston	123.5	1st	Rice	157	1st
2012\$	UAB	113.5	2nd	Tulane	160	1st
2013\$	UAB	132.5	1st	Rice	167	1st
2014%	The American	78	4th	USF	138.6	2nd
2015%	The American	86.5	2nd	UConn	92	4th
2016%	The American	91.5	3rd	UCF	98	2nd
2017%	The American	122	1st	Houston	99.50	4th
2018%	The American	33	8th	Cincinnati	44	10th
2019%	The American	54	6th	Wichita State	64	T5th
2020%	The American	52	8th	--	--	--
2021%	The American	--	--	South Florida	71	5th
2022%	The American	156.5	1st	Wichita State	163	1st
2023%	The American	132.25	1st	South Florida	163	1st
2024&	Texas Tech	21	13th	Baylor	31	12th

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 *Conference record

2024 Quick Facts

UCF INFORMATION

LocationOrlando, 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 Rodriguez
 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 Level1989
 First Year in The American.....2013-14
 Conference Championships/Last19/2023

ATHLETICS COMMUNICATIONS

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"

UCF, Not Central Florida

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

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

UCF at...

NCAA Championships

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

Overall Finish: N/A

High Jump

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

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

Overall Finish: N/A

High Jump

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

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

Overall Finish: 35th -- 6 points

60 Hurdles

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

Triple Jump

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

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

Overall Finish: N/A

High Jump

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

100 Hurdles

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

Discus

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

Triple Jump

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

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

Overall Finish: N/A

60 Hurdles

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

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

Overall Finish: 46th -- 4 points

100 Meters

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

100 Hurdles

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

Long Jump

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

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

Overall Finish: 21st -- 11 points

60 Hurdles

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

60 Meters

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

200 Meters

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

Long Jump

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

4x400 Relay

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

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

Overall Finish: 17th -- 16 points

100 Meters

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

200 Meters

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

100 Hurdles

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

4x100 Relay

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

4x400 Relay

Preliminaries

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

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

Overall Finish: 8th -- 23 points

60 Meters

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

200 Meters

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

Long Jump

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

60 Hurdles

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

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

Overall Finish: 19th -- 15 points

100 Meters

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

200 Meters

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

Long Jump

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

100 Hurdles

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

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

Overall Finish: 5th -- 30 points

60 Hurdles

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

60 Meters

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

200 Meters

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

UCF at...

NCAAs (Cont.)

2013 NCAA Outdoor Championships -

Hayward Field (Eugene, Ore.)

Overall Finish: 5th -- 35 points

Long Jump

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

400 Hurdles

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

4x100 Relay

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

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

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

100 Meters

Athlete	Time	Round/Finish
--Octavious Freeman	10.99 (+2.8)	P/1
--Aurieyall Scott	11.00 (+0.9)	F/2 (8 pts)

--Alexis Faulknor	11.00 (+2.6)	P/2
--Alexis Faulknor	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
--Aurieyall Scott	22.48 (+3.5)	F/3 (6 pts)

--Octavious Freeman	22.85 (+2.2)	P/6
--Octavious Freeman	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
--Rayniah Jones	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
--Rayniah Jones	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
--UCF	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
--Rayniah Jones	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
--Rayniah Jones	13.00 (3.8)	F/9
--Kaylor Harris	13.82 (0.5)	P/22

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

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

2024 NCAA Outdoor Championships - Hayward Field (Eugene, Oregon) Overall Finish: 36th -- 6 points

100 Hurdles

Athlete	Time	Round/Finish
--Rayniah Jones	12.79 (1.1)	P/9
	12.59 (-0.5)	F/3

400 Meters

Athlete	Time	Round/Finish
--Kiah Williams	52.27	P/19

Triple Jump

Athlete	Time	Round/Finish
--Ashera Collins	13.07m (0.8)	F/13

Long Jump

Athlete	Time	Round/Finish
--Asherah Collins	6.23m (0.7)	F/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)	
--	--

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 (First Place)

Rayniah Jones.....	100m Hurdles	2024
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 Fowle.....	Pole Vault	
Ann Louise Larsen.....	High Jump	
Tiffany Roebuck.....	Hammer; Discus; Shot Put	2004
Katie Fowle.....	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 (Second Place)		
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		
Precious Ogunleye.....	Long Jump	
	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	
Else 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	
Else 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 (Third Place)		
2023		
Rayniah Jones.....	200m	
Jasmine Scott-Kilgo.....	Long Jump, Triple Jump	
Kaylor Harris.....	100m Hurdles	
Brenna Mullaney.....	3000 Steeplechase	2022
Rayniah Jones.....	100m	

CONFERENCE HONORS

Latasha Smith 200m
 Charlotte Crook 1500m
 Brenna Mullaney 3000 Steeplechase
 Kaliah Jones High Jump
 Jasmine Scott-Kilgo Long Jump
 2021
 Charlotte Crook 800m
 2019
 Ciara Holback 200m
 Charlotte Crook 800m
 2018
 Natosha Jordan High Jump
 4x100 Relay... S. Wollaston, S. Williams, C. Holback, L. Gallmon
 2017
 Jhane' Carter Shot Put
 Ashley Jocelyn 400m
 4x100 Relay... A. Jocelyn, J. Bellamy, L. Gallmon, S. Martin
 2016
 Jhane' Carter Shot Put
 Chelsea Gobourne Hammer Throw
 2015
 Christal Peterson 100m
 Johna' Whitaker 100m Hurdles
 Kalen Hambrick Hammer Throw
 2014
 Briana Vaughn 100m
 Devinn Cartwright 100m Hurdles
 Destinee Romain Hammer Throw
 2013
 Alexis Faulknor 200m
 Erica Winston 800m
 Anne-Marie Blaney 10,000m
 Jen Clayton Triple Jump
 Kalen Hambrick Hammer Throw
 2012
 Precious Ogunleye Shot Put
 Jacquelyn Gilchrist Long Jump
 Tomika Story Triple Jump
 Karessa Farley 100m Hurdles
 Aisha-Maree Frazier 400m Hurdles
 Octavious Freeman 200m
 2011
 Satrina Oliveira Discus
 Karessa Farley 100m Hurdles
 Sheila Paul 200m
 Sandy Jean 400m Hurdles
 2010
 Miceala Wimberly 100m Hurdles
 2009
 Miceala Wimberly 100m Hurdles
 Sheila Paul 100m
 Dione Thomas Triple Jump
 LaKendra Thames Shot Put
 2008
 Victoria Chin 100m Hurdles
 Lizzie Harris 400m Hurdles
 2006
 Diana Chin Long Jump
 Victoria Chin 400m Hurdles
 4x100m relay ... J. Rogan, V. Chin, D. Thomas, L. Hicks
 2005
 Kelsey Bealert Pole Vault
 Diana Chin Triple Jump
 Victoria Chin 400m Hurdles
 Virginia Traynor Shot Put
 2004
 Diana Chin Long Jump
 Tracy Fischler Pole Vault
 Tiffany Roebuck Shot Put
 2003
 Astrid Claessens 800m
 Erica Garcia 100m
 Liz Jovanovski Hammer
 Kelly Roloff High Jump
 4x400m relay ... E. Pugh, D. Ruffin, A. Claessens, K. Roloff
 2002

Erica Garcia 100m
 Amy Giles 1,500m
 Valery Martinez 800m
 Jamie Pew Shot Put; High Jump
 Emily Pugh 400m Hurdles
 GeAna Rivera 10,000m
 Tiffany Roebuck Discus
 Else 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
Big 12 Athlete of the Week
 Kiah Williams 3/27/24
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 Floyed 4/12/22
C-USA Female Athlete of the Year (League Overall)
 Aurieyall Scott 2013
C-USA Track Athlete of the Year
 Octavious Freeman 2013, 2012
 Jackie Coward 2011
C-USA Freshman of the Year
 Jenny Clausen 2007
C-USA Championships Performer of the Meet
 Jackie Coward 2011
C-USA Championships High Point Scorer
 Aurieyall Scott 2011, 2012, 2013
 Alexis Faulknor 2013
C-USA Championships Freshman of the Meet
 Alexis Faulknor 2013
 Octavious Freeman 2012
 Aurieyall Scott 2011
C-USA Coach of the Year

Caryl Smith Gilbert 2010, 2011, 2012, 2013
C-USA Athlete of the Week
 Lutisha Bowen 3/26/2013
 Jackie Coward 3/27 & 5/1, 2012; 4/19/2011
 Octavious Freeman 4/9 & 4/16, 2013; 4/10, 2012
 Aurieyall Scott 4/23/13; 4/5/2011
 Sheila Paul 3/23/2010
 Lizzie Harris 3/24/2009; 5/13/2008
 Kelsey Pojansek 3/31/2009
 Dione Thomas 4/29/2008
Atlantic Sun Coach of the Year
 Marcia Mansur-Wentworth... 1997, 1998, 2000, 2001,
 2002, 2003, 2004, 2005
Atlantic Sun Athlete of the Year
 Katara Beard 2000, 2001
 Valerie Beaubrun 2002
 Tiffany Roebuck 2005

INDOOR SEASON All-Conference First Team (First Place) 2023

Rayniah Jones 60m Hurdles
 Kiah Williams 400m
 Beyonce Defreitas 200m
 Janyah Jasper 60m
 2022
 Rayniah Jones 60m, 200m, 60m Hurdles
 Latasha Smith 400m
 Ashera Collins Triple Jump
 Brittany Floyd Pentathlon
 4x400 Relay... L. Smith, K. Williams, D. Bess, S. Bradwell
 2017
 J'Nea Bellamy 60m
 Anne-Marie Blaney 5,000m
 Rosie Chamberlain 800m
 Johna' Whitaker 60m Hurdles
 2016
 J'Nea Bellamy 60m
 Rosie Chamberlain 800m
 Anne-Marie Blaney 5,000m
 4x400 Relay ... A. Jocelyn, T. Henry, T. Cooley, R. Chamberlain
 2015
 Anne-Marie Blaney 5000m
 4x400 Relay ... S. Jean, K. Nieuwendam, T. Henry, A. Jocelyn
 2013
 Aurieyall Scott 60m, 200m
 4x400 Relay ... A. Scott, A. Charles, S. Jean, N. Logan
 Jen Clayton Long Jump
 2012
 Octavious Freeman 60m, 200m
 Afia Charles 400m
 Jackie Coward 60m Hurdles
 Sonnisha Williams Long Jump
 2011
 Aurieyall Scott 60m
 Dominique Booker 200m
 Jackie Coward 60m Hurdles
 4x400m Relay ... C. Brown, J. Coward, S. Jean, A. Charles
 2010
 Jackie Coward 60m Hurdles
 2009
 Sheila Paul 60m
 Dione Thomas Triple Jump
 2008
 Lizzie Harris High Jump
All-Conference Second Team (Second Place)
 2024
 Rayniah Jones 60m Hurdles
 2023
 Kaylor Harris 60m Hurdles
 Rayniah Jones 60m
 Jasmine Scott-Kilgo Triple Jump

CONFERENCE HONORS

	2022	
Ciara Holback.....	60m	
Beyonce Defreitas	200m	
Charlotte Crook	800m	
WDM.....M. Rodriguez, B. Defreitas, K. Pinnell, C. Crook		
	2020	
4x4 Relay.....L.Gallmon, S. Bradwell, S. Hyde, L. Smith		
	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	
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 (Third Place)	
	2024	
Latasha Smith	60m Hurdles	
	2023	
Latasha Smith	400m	
Beyonce Defreitas	60m	
Asherah Collins	Triple Jump	
Kiah Williams	200m	
	2022	
Katie Pinnell.....	800m	
Kaylor Harris	60h 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	
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 & ,	
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	
Saina Campbell	2014	
Sheree Carter	2007-2008, 2010	
Cody Castillo	2012, 2014	
Afia Charles	2011-2014	
Victoria Chin	2006	
Heather Classe.....	2014	
Jenny Clausen	2007-2008	
Jen Clayton	2012-13	

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

REGIONAL AND NATIONAL HONORS

LesSundra Ford High Jump
 Andrea Morrow 3000 Steeplechase
 Rian Thomas Hammer
 2003

Ann Louise Larsen High Jump
 Kelly Roloff High Jump
 Andrea Morrow 3000 Steeplechase

NCAA Outdoor Championship Qualifiers

2024
 Asherah Collins Triple Jump; Long Jump
 Rayniah Jones 100m Hurdles
 Kiah Williams 400m

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

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 Discus
 Kelsey Poljansek Discus
 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

2024
First Team

Rayniah Jones 100m Hurdles (3rd place)

Second Team

Asherah Collins Long Jump (15th place)
 Triple Jump (13th Place)

Honorable Mention

Kiah Williams 400M (19th place)

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

REGIONAL AND NATIONAL HONORS

USTFCCCA All-Academic Team

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

ESPN The Magazine/CoSIDA Academic All-America

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

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)