

UCF TRACK AND FIELD RECORD BOOK

*KNIGHTS*TM



2025 UCF TRACK AND FIELD RECORD BOOK

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All-Time Indoor Records

Event	Name(s)	Mark/Time	Date
55M	Erica Garcia	7.04	2/10/02
60M	Aurieyall Scott	7.13	3/9/13; 3/24/13
200M	Aurieyall Scott	22.68	2/10/13
400M	Kiah Williams	51.59	2/28/25
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	Johnson, Newberry, Williams, Shaw-Huckaby	3:29.93	2/15/25
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	Asherah Collins	13.30m/43-7.75	2/15/25
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	Natalia Madison	4,002	2/28/25

^Indicates time converted from flat track

All-Time Outdoor Records

Event	Name(s)	Mark/Time	Date
100M	Octavious Freeman	10.87	6/21/13
200M	Latasha Smith	22.09	5/14/23
400M	Latasha Smith	51.21	5/14/23
800M	Rosie Chamberlain	2:04.19	4/14/17
1,500M	Charlotte Crook	4:19.30	5/22/22
3,000M	Valerie Lastra	9:58.73	3/20/21
5,000M	Anne-Marie Blaney	15:43.61	4/14/17
10,000M	Anne-Marie Blaney	33:18.81	4/22/17
100H	Rayniah Jones	12.59	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	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

^AIndicates 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	Judy Kosgei	Clemson	2:01.39	3/22/25
1,000M	Astrid Claessens	UCF	2:58.9	2/14/03
1,500M	Janet Jepkemboi Amimo	Kentucky	4:17.01	3/21/25
3,000M	Jenn Feenstra	Georgia State	9:58.93	4/21/01
5,000M	Perri Bockrath	Kentucky	16:12.57	3/21/25
10,000M	Anne-Marie Blaney	UCF	34:46.67	5/12/16
100H	Rayniah Jones	UCF	12.73	4/24/21
400H	Michelle Smith	Georgia	55.98	3/21/25
2,000M Steeple	Noel Barlette	Kentucky	6:41.61	3/22/25
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	Shantae Foreman	Clemson	44-9/13.64m	3/22/25
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	Elizabeth Korczak	Iowa	190-7/58.10	3/21/25
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	Ervin Pearson	Georgia	45.42	3/22/25
800M	Duane Solomon	Saucony	1:46.45	3/19/16
1500M	Owen Karas	Yale	3:41.29	3/21/25
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	Sebastian Hernandez	North Florida	30:21.15	3/21/25
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	Baylor	31	12th
2025&	Texas Tech	38	T-11th	Kansas	41	9th

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

2025 Quick Facts

UCF INFORMATION

Location.....Orlando, Fla.
 Founded 1963
 Enrollment69,818
 NicknameKnights
 ColorsBlack 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 (7th Season)
 Alma Mater Virginia, 1991
 Assistant Coach Bryan Harmon (2nd Season)
 Assistant Coach..... Brody Honeycutt (1st Season)
 Assistant Coach.....Jasmyne Graham (2nd Season)
 Athletic Trainer Mario Rodriguez
 Jayden Nelson
 Sports Performance Coach..... Sophia Cheros
 Track Office Phone..... (407) 823-0096

TEAM INFORMATION

RETURNING CONFERENCE PERFORMERS

Indoor
 Natalia Madison Pent, 60H, HJ, TJ
 Adaobi Tabugbo..... 60H, 60m
 Y'Vette Harris 60H, 4x400m
 Kiah Williams 200m, 400m, 4x400m
 l'Asia Wilson..... 60m, 200m
 Colleen Branch..... 60m, 200m
 Isabella Richardson 3000m, 5000m
 Penelope Sosa 3000m
 Asherah Collins..... LJ, TJ
 Alexis Waller TJ

Outdoor
 l'Asia Wilson..... 100m, 200m, 4x100m
 Colleen Branch..... 100m
 Paige Archer 100m, 200m, 4x100m
 Y'Vette Harris 100H, 400H
 Natalia Madison Hept, TJ
 Kiah Williams 200m, 400m
 Brianna Rodriguez..... 400H
 Karin Dobiasch..... 800m
 Isabella Richardson 5000m
 Asherah Collins..... LJ, TJ
 Alexis Waller LJ, TJ

TRACK AND FIELD HISTORY

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

ATHLETICS COMMUNICATIONS

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UCF, Not Central Florida

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

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

UCF at...

NCAA Championships

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

Overall Finish: N/A

High Jump

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

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

Overall Finish: N/A

High Jump

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

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

Overall Finish: 35th -- 6 points

60 Hurdles

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

Triple Jump

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

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

Overall Finish: N/A

High Jump

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

100 Hurdles

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

Discus

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

Triple Jump

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

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

Overall Finish: N/A

60 Hurdles

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

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

Overall Finish: 46th -- 4 points

100 Meters

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

100 Hurdles

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

Long Jump

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

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

Overall Finish: 21st -- 11 points

60 Hurdles

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

60 Meters

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

200 Meters

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

Long Jump

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

4x400 Relay

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

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

Overall Finish: 17th -- 16 points

100 Meters

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

200 Meters

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

100 Hurdles

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

4x100 Relay

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

4x400 Relay

Preliminaries

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

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

Overall Finish: 8th -- 23 points

60 Meters

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

200 Meters

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

Long Jump

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

60 Hurdles

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

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

Overall Finish: 19th -- 15 points

100 Meters

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

200 Meters

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

Long Jump

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

100 Hurdles

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

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

Overall Finish: 5th -- 30 points

60 Hurdles

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

60 Meters

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

200 Meters

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

UCF at...

NCAAs (Cont.)

2013 NCAA Outdoor Championships - Hayward Field (Eugene, Ore.)

Overall Finish: 5th -- 35 points

Long Jump

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

400 Hurdles

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

4x100 Relay

Athlete	Time	Round/Finish
--UCF	43.15	S/2
(Alexis Faulknor, Aurieyall Scott, Afia Charles, Octavious Freeman)		
--UCF	43.36	F/2 (8 pts)

100 Meters

Athlete	Time	Round/Finish
--Octavious Freeman	10.99 (+2.8)	P/1
	11.00 (+0.9)	F/2 (8 pts)
--Aurieyall Scott	11.00 (+2.6)	P/2
	11.14 (+0.9)	F/4 (5 pts)
--Alexis Faulknor	11.37 (+2.3)	P/14

200 Meters

Athlete	Time	Round/Finish
--Aurieyall Scott	22.64 (+2.2)	P/3
	22.48 (+3.5)	F/3 (6 pts)
--Octavious Freeman	22.85 (+2.2)	P/6
	22.92 (+3.5)	F/7 (2 pts)

2014 NCAA Outdoor Championships - Hayward Field (Eugene, Ore.)

Overall Finish: N/A

Long Jump

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

4x100 Relay

Athlete	Time	Round/Finish
--UCF	44.15	S/3
(Kirsten Nieuwendam, Christal Peterson, Jen Clayton, J'Nea Bellamy)		

4x400 Relay

Athlete	Time	Round/Finish
--UCF	3:35.42	S/5
(Sandy Jean, Jen Clayton, Ashley Jocelyn, Afia Charles)		

2015 NCAA Outdoor Championships - Hayward Field (Eugene, Ore.)

Overall Finish: N/A

100 Meters

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

200 Meters

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

4x100 Relay

Team	Time	Round/Finish
--UCF	45.32	S/21st
(Kirsten Nieuwendam, J'Nea Bellamy, Christal Peterson, Briana Vaughn)		

2016 NCAA Outdoor Championships - Hayward Field (Eugene, Ore.)

Overall Finish: N/A

10,000 Meters

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

Hammer Throw

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

2017 NCAA Indoor Championships - Gilliam Indoor Stadium (College Station, Texas)

Overall Finish: N/A

5,000 Meters

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

2017 NCAA Outdoor Championships - Hayward Field (Eugene, Ore.)

Overall Finish: N/A

4x100 Relay

Athlete	Time	Round/Finish
--UCF	44.73	S/16
(Ashley Jocelyn, J'Nea Bellamy, Loren Gallmon, SheKara Martin)		

2019 NCAA Outdoor Championships - Mike A. Myers Stadium (Austin, Texas)

Overall Finish: N/A

4x100 Relay

Athlete	Time	Round/Finish
--UCF	43.82	S/14
(Shaniya Williams, Ciara Holback, Beyonce Defreitas, Loren Gallmon)		

2021 NCAA Outdoor Championships - Hayward Field (Eugene, Ore.)

Overall Finish: T33rd - 8 points

100 Hurdles

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

Triple Jump

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

2022 NCAA Indoor Championships - Hayward Field (Eugene, Ore.)

Overall Finish: T57th - 2 points

60 Meters

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

60 Hurdles

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

400 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

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

2025 NCAA Indoor Championships - Virginia Beach Sports Center (Virginia Beach, Va.) Overall Finish: N/A

60 Hurdles

Athlete	Time	Round/Finish
--Adaobi Tabugbo	8.10	P/9

400m

Athlete	Time	Round/Finish
--Kiah Williams	52.65	P/15

4x400 Relay

Athlete	Time	Round/Finish
--UCF	3:31.32	P/9
(Kiah Williams, Jazmen Newberry, Twaneise Johnson, Deja Shaw-Huckaby)		

2025 NCAA Outdoor Championships - Hayward Field (Eugene, Oregon) Overall Finish: N/A

100 Hurdles

Athlete	Time	Round/Finish
--Adaobi Tabugbo	13.08	P/12

4x100 Relay

Athlete	Time	Round/Finish
--UCF	44.19	P/21
(Jazmen Newberry, Janiah Pulliam, Adaobi Tabugbo, l'Asia Wilson)		

OLYMPIC EVENTS

Olympic Trials

- 2024 -

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

Athlete	Event (Advanced to - Finish)
Rayniah Jones (5th)	100H semis - 10th
Anne-Marie Blaney	10,000m finals - 20th
Kiah Williams (Sr.)	400m semis - 23rd
Asherah Collins (Sr.)	Long Jump prelims - 23rd
	Triple Jump finals - 9th

- 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
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USA U-20 Championships

- 2024 -

Hayward Field (Eugene, Ore.)

Athlete	Event (Advanced to - Finish)
Y'Vette Harris	100H finals - 7th

INTERNATIONAL EVENTS

NACAC U23 Championships

- 2023 -

San Jose, Costa Rica

Athlete	Event (Advanced to - Finish)
Beyonce Defreitas (Sr.)	100m finals - 3rd
	200m finals - 2nd
Rayniah Jones (Sr.)	100H finals - 1st
	4x100m finals - 1st
Kiah Williams (Jr.)	4x400m finals - 1st
	4x400m mixed finals - 1st
Asherah Collins (Jr.)	Triple Jump finals - 3rd

- 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)

2024	Adaobi Tabugbo..... 100m Hurdles
2024	Pulliam, Harris, Johnson, Newberry 4x400m Relay
2023	Rayniah Jones..... 100m Hurdles
2023	Latasha Smith 200m, 400m
2023	Rayniah Jones..... 100m, 100m Hurdles
2022	Asherah Collins Triple Jump
2022	4x100 Relay..... A. Wells, I. Wilson, B. Defreitas, J. Jasper
2021	Latasha Smith 400m
2021	Rayniah Jones..... 100m Hurdles
2021	Selena Wright 400m Hurdles
2021	4x100 Relay.. A. Wells, C. Holback, B. Defreitas, I. Wilson
2021	4x400 Relay.. K. Williams, L. Smith, K. Kirkland, S. Bradwell
2021	Brittany Floyd Heptathlon
2019	Asherah Collins Triple Jump
2019	Rayniah Jones..... 100m Hurdles
2016	Devin D'Oliveira 400m Hurdles
2016	4x100 Relay S. Williams, S. Hyde, B. Defreitas, C. Holback
2015	Rosie Chamberlain..... 800m
2015	Anne-Marie Blaney..... 10,000m
2015	4x100 Relay.... B. Vaughn, S. Martin, C. Peterson, A. Williams
2014	J'Nea Bellamy 100m; 200m
2014	Sandy Jean 400m Hurdles
2014	4x100 Relay... J. Bellamy, K. Nieuwendam, C. Peterson, B. Vaughn
2013	J'Nea Bellamy 200m
2013	Afia Charles 400m
2013	Sandy Jean 400m Hurdles
2013	Anne-Marie Blaney..... 10,000m
2013	4x100 Relay..... J. Bellamy, J. Clayton, B. Vaughn, C. Peterson
2013	4x400 Relay..... S. Jean, J. Clayton, A. Jocelyn, A. Charles
2012	Aurieyall Scott..... 200m
2012	Afia Charles 400m
2012	Sandy Jean 400m Hurdles
2012	4x100 Relay.... A. Faulknor, A. Scott, A. Charles, O. Freeman
2012	Alexis Faulknor Long Jump
2012	Octavious Freeman..... 100m
2011	Aurieyall Scott..... 200m
2011	Jackie Coward..... 100 Hurdles; 400 Hurdles
2011	4x100m relay .. D. Booker, O. Freeman, A. Scott, S. Paul
2011	Ne'Ausha Logan 800m
2011	Octavious Freeman..... 100m
2010	Aurieyall Scott..... 100m; 200m
2010	Jackie Coward..... 100m Hurdles; 400m Hurdles
2010	4x100m relay .. D. Booker, A. Scott, L. Layne, S. Paul
2010	4x400m relay .. D. Brown, A. Charles, S. Jean, E. Winston
2010	Sonnisha Williams Long Jump
2009	Aisha Frazier 400m Hurdles
2009	Jackie Coward..... 100m Hurdles
2008	Jackie Coward..... 400m Hurdles
2005	Sheree Carter Heptathlon
2005	Lizzie Harris High Jump
2004	Diana Chin 100m Hurdles
2004	Victoria Chin Triple Jump
2004	Katie Fowke Pole Vault
2004	Ann Louise Larsen..... High Jump
2004	Tiffany Roebuck Hammer; Discus; Shot Put

2003	Katie Fowke Pole Vault
2003	Karen Kozub..... 800m
2003	Tiffany Roebuck Hammer
2002	Amanda Morrow 3,000m Steeplechase
2002	Michele Olandese..... Discus
2002	Sonja Shedden..... 10,000m
2001	Valerie Beauburn 400m; 800m
2001	Diana Chin 100 Hurdles
2001	LaTrica Firby..... Long Jump
2001	Ann Louise Larsen..... High Jump
2001	Tiffany Roebuck Shot Put
2000	Katara Beard Shot Put
2000	LaTrica Firby..... Long Jump
2000	Kellie Marzetta..... 400m Hurdles
2000	Jamie Pew..... Javelin
2000	Kelly Roloff..... High Jump
2000	Shannon Ryan..... Pole Vault
2000	Sonja Shedden..... 10,000m
1999	Katara Beard Shot, Hammer
1999	Randi Chapman Long Jump
1999	LaTrica Firby..... Triple Jump
1998	Katara Beard Shot
1998	Corliss Cade 100m Hurdles; Triple Jump
1998	Sonja Shedden..... 10,000m
1998	Amber Twyner Javelin
2023	Asherah Collins Long Jump
2023	Adrienne Adams..... Discus
2022	Kiah Williams 400m
2019	Kiah Williams 400m
2018	Shian Hyde..... 100m
2018	Rosie Chamberlain..... 800m
2017	Natosha Jordan..... Heptathlon
2016	Anne-Marie Blaney..... 1500m; 5,000m; 10,000m
2016	Rosie Chamberlain..... 800m
2016	Ebony Crear 400m Hurdles
2016	Chelsea Gobourne Hammer Throw
2016	Crear, Jocelyn, Cooley, Chamberlain..... 4x400 Relay
2015	SheKara Martin..... 100m
2015	Anne-Marie Blaney..... 5,000m
2014	Logan, Nieuwendam, Henry, Jocelyn..... 4x400 Relay
2014	J'Nea Bellamy 100m
2014	Erica Winston 800m
2013	Anne-Marie Blaney..... 5000m
2013	Jen Clayton Long Jump
2012	Aurieyall Scott..... 100m
2012	Octavious Freeman..... 200m
2012	Ne'Ausha Logan 800m
2012	4x400 Relay A. Charles, O. Freeman, N. Logan, S. Jean
2012	Jen Clayton Long Jump
2012	Precious Ogunleye..... Hammer Throw
2012	Sonnisha Williams Long Jump
2012	Aurieyall Scott..... 100m
2012	Sheila Paul 200m

2011	Mica Wimberly 100m Hurdles
2011	Shelia Paul 100m
2010	LaKendra Thames Shot Put; Discus
2010	Sonnisha Williams Long Jump
2010	Jackie Coward 400m Hurdles
2010	Tiki James 100m Hurdles
2009	Shantile Blackburn..... 800m
2009	Jackie Coward 100m Hurdles
2008	Shantile Blackburn..... 800m
2008	Lizzie Harris 400H; High Jump
2007	Jenny Clausen 10,000m
2007	Katie Fowle Pole Vault
2007	Victoria Chin 400m Hurdles
2006	Tiffany Roebuck Weight Throw
2005	Diana Chin Long Jump
2005	Michelle Teuton Pole Vault
2005	Rian Thomas Hammer
2004	Diana Chin 100m Hurdles
2004	Sara Dillman 10,000m
2004	LaTrica Firby..... Long Jump, Triple Jump
2004	Ann Louise Larsen..... Long Jump
2004	Andrea Morrow 3,000m Steeplechase
2004	Rian Thomas Hammer
2003	Kelly Roloff..... Long Jump
2003	Ann Louise Larsen..... High Jump
2003	Else Wilcox Hammer; Shot Put
2002	Diana Chin Long Jump
2002	LaRissa Dunn 100m Hurdles
2002	LaTrica Firby..... Triple Jump
2002	Jamie Pew..... Javelin
2002	Tiffany Roebuck Hammer
2002	Kelly Roloff..... High Jump
2002	Sonja Shedden..... 10,000m
2001	Katara Beard Discus; Javelin
2001	Kellie Marzetta..... 100m Hurdles
2001	Jamie Pew High Jump
2001	Kristen Newsome Pole Vault
2001	Else Wilcox..... Hammer
2000	Katara Beard Discus
2000	Corliss Cade 100m Hurdles; Triple Jump
2000	Amber Twyner Javelin
1999	Katara Beard Discus; Hammer
1999	Corliss Cade Long Jump
1998	Katara Beard Discus
1998	Stephanie Cameron 10,000m
1998	Nikeisha Sykers 400m Hurdles
1998	Kelli Walsh Triple Jump
1997	Amber Bland..... 400m
1997	Michele Boike Long Jump
1997	Kelly Kobia Javelin
1997	Megan Rodell 5,000m
1996	Michele Boike High Jump
1996	Kelly Kobia Shot Put
1996	Christy Miller 3,000m
1996	Rene Plascencia..... 1500m
1996	Kelli Welsh Triple Jump
2025	Tabugbo, Pulliam, Wilson, Newberry ... 4x100m Relay
2023	

All-Conference Third Team (Third Place)

CONFERENCE HONORS

Rayniah Jones 200m
Jasmine Scott-Kilgo Long Jump, Triple Jump
Kaylor Harris 100m Hurdles
Brenna Mullaney 3000 Steeplechase
2022

Rayniah Jones 100m
Latasha Smith 200m
Charlotte Crook 1500m
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
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 Bealart 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

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 Floyd 4/12/22

C-USA Female Athlete of the Year (League Overall)
Aurieyall Scott 2013

C-USA Track Athlete of the Year

Octavious Freeman 2013, 2012
Jackie Coward 2011

C-USA Freshman of the Year

Jenny Clausen 2007
C-USA Championships Performer of the Meet

Jackie Coward 2011

C-USA Championships High Point Scorer
Aurieyall Scott 2011, 2012, 2013

Alexis Faulknor 2013

C-USA Championships Freshman of the Meet

Alexis Faulknor 2013
Octavious Freeman 2012
Aurieyall Scott 2011

C-USA Coach of the Year

Caryl Smith Gilbert 2010, 2011, 2012, 2013

C-USA Athlete of the Week

Lutisha Bowen 3/26/2013
Jackie Coward 3/27 & 5/1, 2012; 4/19/2011
Octavious Freeman 4/9 & 4/16, 2013; 4/10, 2012
Aurieyall Scott 4/23/13; 4/5/2011
Sheila Paul 3/23/2010
Lizzie Harris 3/24/2009; 5/13/2008
Kelsey Pojansek 3/31/2009
Dione Thomas 4/29/2008

Atlantic Sun Coach of the Year

Marcia Mansur-Wentworth... 1997, 1998, 2000, 2001,
..... 2002, 2003, 2004, 2005

Atlantic Sun Athlete of the Year

Katara Beard 2000, 2001
Valerie Beaubrun 2002
Tiffany Roebuck 2005

INDOOR SEASON

All-Conference First Team (First Place)

2025
Johnson, Newberry, Williams, Shaw-Huckaby... 4x400m
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)
2025

CONFERENCE HONORS

Adaobi Tabugbo.....	60m Hurdles
Kiah Williams.....	400m
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	
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 & , 2017
J'Nea Bellamy.....	2/9/16
Rosie Chamberlain.....	1/19, 1/26 & 3/22, 2016
AAC Field Athlete of the Week	
Asherah Collins.....	1/17/23
Allison Lampert.....	1/27/15
Chelsea Gobourne.....	1/17/17
C-USA Track Athlete of the Year	
Aurieyall Scott.....	2013
Octavious Freeman.....	2012
Jackie Coward.....	2011
C-USA Field Athlete of the Year	
Dione Thomas.....	2009
C-USA Championships Freshman of the Meet	
Alexis Faulknor.....	2013
Aurieyall Scott.....	2011
C-USA Coach of the Year	
Caryl Smith Gilbert.....	2011, 2013
Conference USA Winter Spirit of Service Award	
Sonnisha Williams.....	2012
C-USA Track Athlete of the Week	
Aurieyall Scott.....	2/5, 2/12/2013
Octavious Freeman.....	1/15, 1/22/2013; 1/17, 1/24 & 2/14/2012
Jackie Coward.....	2/7/2012; 2/15/2011
Sonnisha Williams.....	1/25/2011
Tiki James.....	1/19/2010; 1/20/2009
Conference All-Academic Honors	
Fey Adaramola.....	2007-2008
Jocelin Adona.....	2014
Amy Ankli.....	2014
Brittany Barber.....	2014
Kelsey Bealert.....	2006-2007
Dan'Elle Bellamy.....	2010-2011
J'Nea Bellamy.....	2014
Shantile Blackburn.....	2006, 2008-2009
Shelby Blaes.....	2012
Anne-Marie Blaney.....	2014
Dominique Booker.....	2011
Lutisha Bowen.....	2013
Natalie Braddock.....	2006-2007
Ali Brandehoff.....	2012
Emmy Brandehoff.....	2012

Michelle Brouillet.....	2006
Champelle Brown.....	2010-2011
Siaina Campbell.....	2014
Sheree Carter.....	2007-2008, 2010
Cody Castillo.....	2012, 2014
Afia Charles.....	2011-2014
Victoria Chin.....	2006
Heather Classe.....	2014
Jenny Clausen.....	2007-2008
Jen Clayton.....	2012-13
Ocean Cohen.....	2008-2011
Kylene Colassati.....	2006
Jackie Coward.....	2010
Carley Dart.....	2011
April Downey.....	2010
Kelly Dwyer.....	2007
London Enos.....	2011
Karessa Farley.....	2011-12
Katie Fowke.....	2006-2007
Jessica Francis.....	2007-2008, 2010
Alyssa Franks.....	2010-2011
Octavious Freeman.....	2012
Mason 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

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

2025

Ese Awusa..... 100m Hurdles

Y'Vette Harris..... 100m Hurdles; 4x4 Relay

Twaneise Johnson 400m; 4x4 Relay

Jazmen Newberry..... 200m; 4x1 Relay; 4x4 Relay

Janiah Pulliam..... 200m; 4x1 Relay; 4x4 Relay

Yvone Sandui 800m

Adaobi Tabugbo..... 100m Hurdles; 4x1 Relay

I'Asia Wilson 100m; 4x1 Relay

2024

Asherah Collins Long Jump; Triple Jump

Y'Vette Harris..... 100m Hurdles

Rayniah Jones..... 100m Hurdles

Kiah Williams 400m

I'Asia Wilson 100m

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

I'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

I'Asia Wilson..... 4x1 Relay

2021

Samierah 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

Zharla Moore..... 100H

Shaniya Williams 100m, 4x1

2018

Jhane' Carter Hammer Throw, Shot Put

Rosie Chamberlain..... 800m

Gabby Durant Hammer Throw

Natosha Jordan..... High Jump

2017

J'Nea Bellamy 4x100 Relay

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

Jhane' Carter Shot Put

Rosie Chamberlain..... 800m, 4x400 Relay

Ebony Crear 400H, 4x400 Relay

Tere Cooley 4x400 Relay

Loren Gallmon 4x100 Relay

Chelsea Gobourne Hammer Throw

Tayla Greene Hammer Throw

Ashley Jocelyn 400M, 4x100 Relay, 4x400

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

2016

J'Nea Bellamy 4x100 Relay

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

Jhane' Carter Shot Put

Rosie Chamberlain..... 800m, 4x400 Relay

Tere Cooley 4x400 Relay

Chelsea Gobourne Hammer Throw

Tayla Greene Hammer Throw

Kalen Hambrick Hammer Throw

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

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

Briana Vaughn 200m, 4x100 Relay

2015

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

Devin 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

REGIONAL AND NATIONAL HONORS

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
Andrea Morrow 3000 Steeplechase

NCAA Outdoor Championship Qualifiers

2024
Jazmen Newberry 4x1 Relay
Janiah Pulliam 4x1 Relay
Adaobi Tabugbo 100m Hurdles; 4x1 Relay
I'Asia Wilson 4x1 Relay

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
I'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
I'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

2025
2024
Second Team
Adaobi Tabugbo 100m Hurdles (12th place)

Honorable Mention
Jazmen Newberry 4x100 Relay (21st Place)
Janiah Pulliam 4x100 Relay (21st Place)
Adaobi Tabugbo 4x100 Relay (21st Place)
I'Asia Wilson 4x100 Relay (21st Place)

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

I'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

Asherah 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)

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)

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)

Second Team

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

Honorable Mention

Tayla Greene Hammer Throw (24th place)

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)

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)

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)

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)

REGIONAL AND NATIONAL HONORS

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 '02, '03, '04, '05, '14, '20, '23, '24
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, 2023, 2024
Latasha Smith 2021, 2022, 2023
Selena Wright 2021, 2022
Adrienne Adams 2022, 2023
Charlotte Crook 2022
Beyonce Defreitas 2022, 2023
Brittany Floyd 2022
Leiya Green 2022
Chloe Hill 2022
Kiara Lee 2022
Natalia Madison 2022, 2023, 2024
Jasmine Scott-Kilgo 2022, 2023
Holly Cassels 2023, 2024
Janyah Jasper 2023
Kaliah Jones 2023
Daija Lampkin 2023
Asherah Collins 2024
Adaobi Tabugbo 2024

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

2025

Second Team

Adaobi Tabugbo 60 Hurdles (9th place)
Kiah Williams... 400m (15th Place), 4x400m (9th place)
Jazmen Newberry 4x400m (9th place)
Twaneise Johnson 4x400m (9th place)
Deja Shaw-Huckaby 4x400m (9th place)

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)