



# INDOOR TOP-5 SCHOOL HISTORY PERFORMANCES

## 55-Meter

Time	Name	Meet / Year
1 6.75	Sheri-Ann Brooks	Gator / 2005
2 6.77	Tanya Lawrence	Sun Belt / 1999
3 6.94	Donita Harmon	BU St. Valentine / 2006
4 7.01	Vronique Wilson	Sun Belt / 2002
5 7.02	Marissa McElveen	Sun Belt / 2011

## 55-Meter High Hurdles

Time	Name	Meet / Year
1 7.99	Carla Mills	Sun Belt / 2011
2 8.03	Oriel Anu	Sun Belt / 2013
3 8.15	Ranada Daniels	Sun Belt / 2004
4 8.19	Naim Yisrael	Sun Belt / 2008
5 8.48	Tsering Grant	George Mason / 1996

## 60-Meter

Time	Name	Meet / Year
1 7.21	Tanya Lawrence	Cannon IV / 1999
2 7.29	Sheri-Ann Brooks	NCAA DI Prelims / 2005
3 7.45	Jada Roberson	Conference USA / 2018
4 7.49	Cam'ree Jackson	Conference USA / 2016
5 7.52	Marissa McElveen	Tiger Paw / 2011

## 60-Meter High Hurdles

Time	Name	Meet / Year
1 8.62	Carla Mills	LSU Purple Tiger / 2011
2 8.69	Jaylaan Slaughter	Conference USA / 2016
3 8.70	Oriel Anu	Conference USA / 2016
4 8.72	Lexis Shields	Conference USA / 2016
5 8.78	Fabiola Declat	Conference USA / 2024

## 200-Meter

Time	Name	Meet / Year
1 23.18	Tanya Lawrence	NCAA DI / 1999
2 23.45	Sheri-Ann Brooks	Sun Belt / 2005
3 23.72	Vronique Wilson	Sun Belt / 2002
4 23.72	Donita Harmon	Sun Belt / 2006
5 24.08	Jada Roberson	Conference USA / 2018

## 400-Meter

Time	Name	Meet / Year
1 54.35	Anita Edwards	Sun Belt / 2001
2 54.36	Donita Harmon	BU St. Valentine / 2006
3 54.39	Kaydene Wynter	Nations Bank / 1999
4 54.39	Tanya Lawrence	Nations Bank / 1999
5 54.88	Alexia Dean	Armory / 2003

## 800-Meter

Time	Name	Meet / Year
1 2:08.96	Ane Martin Del Campo	CUSA Indoor / 2024
2 2:10.60	Valerie Lastra	Rutgers Scarlet Knights Open / 2024
3 2:11.24	Liz Borrell	Sun Belt / 2001
4 2:13.67	Rai'Hsia Canaday	Sun Belt / 2011
5 2:14.16	Shannon Henninger	Nations Bank / 1999

## Mile

Time	Name	Meet / Year
1 4:38.46	Valerie Lastra	Music City Challenge / 2024
2 4:52.59	Ane Martin Del Campo	Music City Challenge / 2024
3 4:54.65	Christy Masson	UF Last Chance / 1996
4 4:56.08	Lorena Bartakovic	Music City Challenge / 2024
5 4:56.46	Sherilene Gelderblom	GVSU Big Meet / 2018

## 3000-Meter

Time	Name	Meet / Year
1 9:26.20	Ena Guevara Mora	UF / 1984
2 9:33.07	Valerie Lastra	RADD Track and Field Invite / 2024
3 9:45.07	Sherilene Gelderblom	Conference USA / 2018
4 9:54.24	Andrea Loizidou	Rutgers Scarlet Knights Open / 2024
5 9:58.63	Paola Reategui	Sun Belt / 2008

## 5000-Meter

Time	Name	Meet / Year
1 16:57.05	Sherilene Gelderblom	Conference USA / 2018
2 17:25.00	Daniela Espino	New Balance / 2012
3 17:39.68	Caroline Reiser	Armory / 2014
4 17:43.68	Pala Reategui	Sun Belt / 2008

5 17:45.54 Ania San Roman Lopez

CUSA Indoor / 2024

## High Jump

Mark	Name	Meet / Year
1 1.84m	Clarissa Cutliff	Conference USA / 2018
2 1.83m	Farah Jean-Pierre	Razorback / 2001
3 1.77m	Celia Rifatterra	CUSA Indoor / 2023
4 1.74m	Tikiera Relaford	Gator / 2012
5 1.72m	Linda Loussaint	Sun Belt / 2004

## Long Jump

Mark	Name	Meet / Year
1 6.31m	Elisa Dieme-Erich	Fast Times UF / 2006
2 6.25m	Marissa McElveen	Sun Belt / 2012
3 6.23m	Shanda Swift	Fast Times UF / 1997
4 6.23m	Kerry Walker	Sun Belt / 2008
5 6.13m	Phillicia Fluellen	Samford Multi / 2015

## Triple Jump

Mark	Name	Meet / Year
1 13.37m	Shonda Swift	Fast Times UF / 1997
2 12.75m	India George	Sun Belt / 2006
3 12.62m	Linda Loussaint	Sun Belt / 2004
4 12.45m	Elisa Dieme-Erich	Sun Belt / 2006
5 12.37m	Marissa McElveen	Sun Belt / 2011

## Shot Put

Mark	Name	Meet / Year
1 15.46m	Raqrura Ishmar	Conference USA / 2015
2 15.16m	Joeanne Jadotte	LSU Purple Tiger / 2008
3 14.83m	Terrisa Russell	Conference USA / 2017
4 14.69m	Marqueisha Weeks	CUSA Indoor / 2023
5 14.21m	Miriam Pierre	UAB Bleazer / 2015

## Weight Throw

Mark	Name	Meet / Year
1 21.27m	Michaelle Valentin	Fasttrack Last Chance / 2024
2 20.78m	Elizabeth Alfred	CUSA Indoor / 2024
3 20.77m	Benia Gregoire	Clemson Orange & Purple / 2011
4 20.76m	Terrisa Russell	Conference USA / 2019
5 19.30m	Raqrura Ishmar	Conference USA / 2015

## Pole Vault

Mark	Name	Meet / Year
1 4.28m	Filippa Miller	Fasttrack Last Chance / 2023
2 4.15m	Nicole Janse Van Rensburg	Jimmy Carnes Invite / 2024
3 4.06m	Kristin Lubeskie	CUSA Indoor / 2022
4 3.85m	Lucia Gomez-Iriondo	Rutgers Scarlet Knights Open / 2024
5 3.83m	Sydney Nicholson	CUSA Indoor / 2024

## 4x400-Meter Relay

Time	Names	Meet / Year
1 3:41.94	Wynter, Lawrence, Gilland, King	Cannon IV / 1999
2 3:44.30	Team	Sun Belt / 2001
3 3:44.33	Team	Sun Belt / 2001
4 3:44.38	Team	Barnett Bank / 1998
5 3:44.59	White, Kelley, Anderson, Dumoy	Sun Belt / 2013

## Distance Medley Relay

Time	Name	Meet / Year
1 12:00.62	Spann, Stringer, Crader, Masson	Terrier / 1996
2 12:05.85	Gebretsadik, Clark, Deicmane, Farkas	Conference USA / 2020
3 12:06.08	Team	Armory / 2008
4 12:06.73	Gebretsadik, Grier, Quijano, Gelderblom	IU Relays / 2018
5 12:07.06	Team	Sun Belt / 2000



# OUTDOOR TOP-5 SCHOOL HISTORY PERFORMANCES

## 100-Meter

Time	Name	Meet / Year
1 11.24	Tanya Lawrence	NCAA / 1998
2 11.23	Shari-Ann Brooks	USF / 2005
3 11.47	Donita Harmon	Florida Diet Pepsi / 2006
4 11.47	Anita Edwards	Hurricane / 2003
5 11.61	Cam'ree Jackson	Conference USA / 2015

## 100-Meter Hurdles

Time	Name	Meet / Year
1 13.65	Carla Mills	Sun Belt / 2011
2 13.90	Oriel Anu	Sun Belt / 2013
3 13.93	Naim Yisrael	FAU Twilight / 2009
4 13.96	Fabiola Declet	Hurricane Alumni Invite / 2024
5 14.01	Jaylaan Slaughter	USF Triangular / 2015

## 200-Meter

Time	Name	Meet / Year
1 22.74	Sheri-Ann Brooks	NCAA Prelims / 2005
2 22.89	Tanya Lawrence	Gatorade / 1999
3 23.21	Vronique Wilson	NCAA DI / 2002
4 23.59	Anita Edwards	Sun Belt / 2001
5 23.61	Maneka Maxwell	Sun Belt / 2007

## 400-Meter

Time	Name	Meet / Year
1 52.77	Anita Edwaeds	GA Tech / 2001
2 53.46	Vronique Wilson	Hurricane / 2003
3 53.63	Tanya Lawrence	USF / 1998
4 53.92	Lakeisha Kelly	Sun Belt / 2012
5 54.11	Sonni McBride	Sun Belth / 2004

## 400-Meter Hurdles

Time	Name	Meet / Year
1 56.98	Naim Yisrael	NCAA DI / 2007
2 58.17	Brittney Boston	NCAA DI / 2009
3 59.50	Jaylaan Slaughter	UNF / 2016
4 59.55	Tammy King	Sun Belt / 2009
5 60.04	Ranada Daniels	FL Relays / 2001

## 800-Meter

Time	Name	Meet / Year
1 2:08.27	Liz Borrell	FL Relays / 2000
2 2:11.40	Dalia Clarke	Sun Belt / 2005
2:11.40	Daira Deicmane	C-USA Outdoor / 2021
4 2:11.68	Dawn Spann	FL Relays / 1998
5 2:11.88	Tai'Hsia Canady	Miami Hurricane Alumni / 2011

## 1500-Meter

Time	Name	Meet / Year
1 4:21.35	Valerie Lastra	Florida Relays / 2024
2 4:26.02	Christie Masson	Bryan Clay Invite / 2024
3 4:29.12	Ane Martin Del Campo	Barnett Bank / 1994
4 4:34.30	Raquel Guzman	Barnett Bank / 1994
5 4:34.50	Leonarda Farkas	UNF Invite / 2021

## 3000-Meter

Time	Name	Meet / Year
1 9:39.43	Ena Guevara Mora	NCAA DII Prelims / 1984
2 10:02.72	Shelly Gornick	NCAA DII Prelims / 1983
3 10:04.24	Raquel Guzman	Barnett Bank / 1994
4 10:05.77	Vibeke Nielsen	FIU / 1996
5 10:11.81	Christie Masson	Gatorade / 1996

## 5000-Meter

Time	Name	Meet / Year
1 16:31.32	Ena Guevara Mora	FSU / 1984
2 17:12.24	Daniela Espino	FL Relays / 2013
3 17:12.68	Sherilene Gelderblom	Georgia Tech / 2018
4 17:16.00	Caroline Reiser	FL Relays / 2014
4 17:19.63	Ania San Roman Lopez	Bryan Clay Invite / 2024

## 10000-Meter

Time	Name	Meet / Year
1 34:37.95	Ena Guevara Mora	NCAA DII Prelims / 1984
2 35:33.55	Sherilene Gelderblom	Raleigh Relays / 2018

3 36:12.64	Caroline Reiser
4 36:36.55	Emilie Christiansen
5 36:52.38	Rebecca Rodriguez

C-USA Outdoor Championships / 2014	
C-USA Outdoor Championships / 2021	
Penn Relays / 2002	

## High Jump

Mark	Name	Meet / Year
1 1.85m	Clarissa Cutliff	UCF / 2019
2 1.80m	Linda Loussaint	Gatorade / 2005
3 1.79m	Farah Jean Pierre	Gatorade / 2000
4 1.77m	Kenflore Atilus	Conference USA / 2018
4 1.77m	Celia Rifatterra	Hurricane Invite / 2023

## Long Jump

Mark	Name	Meet / Year
1 6.50m	Shonda Swift	FL Relays / 1996
2 6.45m	India George	Sun Belt / 2007
3 6.30m	Elisa Dieme-Erich	Miami Elite / 2006
4 6.26m	Kerry Walker	Sun Belt / 2008
5 6.26m	Phillicia Fluellen	UCF / 2015

## Pole Vault

Mark	Name	Meet / Year
1 4.35m	Filippa Miller	CUSA Outdoor / 2023
2 4.26m	Nicole Janse Van Rensburg	Pacific Coast Invite / 2024
3 4.05m	Luciana Gomez-Iriondo	UCF Knights Invite / 2024
4 3.97m	Michelle Lennox	FL Relays / 2003
5 3.80m	Kristin Lubeskie	Hurricane Invite / 2023

## Triple Jump

Mark	Name	Meet / Year
1 13.82m	Shonda Swift	NCAA DI / 1997
2 13.01m	Linda Loussaint	Sun Belt / 2005
3 12.92m	India George	Sun Belt / 2006
4 12.84m	Elisa Dieme-Erich	Sun Belt / 2006
5 12.45m	Marissa McElveen	Sun Belt / 2012

## Discus

Mark	Name	Meet / Year
1 58.49m	Terrisa Russell	Virginia Grand Prix / 2019
2 58.32m	Michaelle Valentin	Texas Relays / 2024
3 56.90m	Gabrielle Rains	NCAA East Region / 2019
4 52.76m	Joeane Jadotte	Azusa Pacific Bryan Clay / 2009
5 50.24m	Qua'liyyah Taylor	Hurricane Invitational / 2024

## Hammer

Mark	Name	Meet / Year
1 62.65m	Michaelle Valentin	Texas Relays / 2024
2 62.55m	Terrisa Russell	UM Alumni Invite / 2019
3 56.19m	Trinavia Williams	Miami Invitational / 2019
4 57.30m	Gabby Bryan	Conference USA Outdoor / 2023
5 55.05m	Benia Gregoire	UCF / 2012

## Javelin

Mark	Names	Meet / Year
1 54.19m	Rhema Otabor	Hurricane Invitational / 2021
2 52.49m	Christiana Ellina	Texas Relays / 2024
3 49.07m	Asha James	UCF / 2019
4 48.68m	Hannah Jansen	Hurricane Invitational / 2024
5 46.83m	Tiffani Hernandez	Miami / 2017

## Shot Put

Mark	Names	Meet / Year
1 15.90m	Raqrura Ishmar	Conference USA / 2014
2 15.06m	Joanne Jadoote	Azusa Pacific Bryan Clay / 2009
3 14.41m	Bessline Verneau	Hurricane Invitational / 2023
4 14.23m	Benia Gregoire	Sun Belt / 2012
5 13.96m	Terrisa Russell	Conference USA / 2019

## 3000-Meter Steeplechase

Time	Name	Meet / Year
1 10:47.59	Paola Reategui	Azusa Pacific Bryan Clay / 2009
2 11:08.50	Daniela Espino	Sun Belt / 2011
3 11:45.76	Apryl Wall	FL Relays / 2005
4 11:51.83	Rahel Gebretsadik	Conference USA / 2019
5 11:54.46	Rebecca Rodriguez	Miami / 2002







# OUTDOOR TOP-5 SCHOOL HISTORY PERFORMANCES

## 4x100-Meter Relay

Time	Name	Meet / Year
1 45.35	Cook, Edwards, Daniel, Wilson	FIU / 2001
2 45.42	Team	Gatorade / 1999
3 45.42	Team	Gatorade / 2005
4 45.52	Team	Sun Belt / 2006
5 45.55	Team	Miami / 2002

## 4x200-Meter Relay

Time	Name	Meet / Year
1 1:35.20	Lawrence, Edwards, Gilland, Wynter	FL Relays / 1999
2 1:38.20	Maxwell, Boston, Yisrael, Francis	Penn Relays / 2007
3 1:39.47	Francis, Harmon, Maxwell, Walker	FSU Relays / 2006
4 1:40.54	Team	Penn Relays / 2000

## 4x400-Meter Relay

Time	Name	Meet / Year
1 3:36.25	Edwards, McBride, Dean, Wilson	FL Relays / 2003
2 3:37.41	Team	FL Relays / 1999
3 3:38.29	Team	Hurricane / 2001
4 3:41.57	Team	FL Relays / 2000
5 3:41.74	Team	Penn Relays / 1999

## 4x800-Meter Relay

Time	Name	Meet / Year
1 8:55.51	Borrell, Moya, Wells, Henninger	FL Relays / 1999
2 8:58.54	Team	FL Relays / 1998
3 9:20.62	Team	FAMU Relays / 1995
4 9:22.11	Grier, Gebretsadik, Quijano, Mayers	Raleigh Relays / 2018
4 9:23.91	Team	Florida Relays / 1995

## 4x1500-Meter Relay

Time	Name	Meet / Year
1 20:31.82	Cardenas, Clarke, Howard, Wall	FL Relays / 2005

## Heptathlon

Mark	Names	Meet / Year
1 5,286	Fabiola Declet	Conference USA / 2024
2 4,941	Bejai Fray	Conference USA / 2016
3 4,752	Maika Cuenca	Conference USA / 2022
4 4,765	Samantha Ebanks	Conference USA / 2019
5 4,704	Kayla Woulard	Conference USA / 2018



# ALL-CONFERENCE HONOR ROLL

## Cross Country

### CONFERENCE CHAMPION

1997	TAAC	
1994	TAAC	
1993	TAAC	2006
1992	TAAC	
1991	TAAC	
1990	NSWAC	
1988	NSWAC	

### COACH OF THE YEAR

1997	Mike Becker (TAAC)	
1994	Sally Carei-Martinez (TAAC)	
1993	Sally Carei-Martinez (TAAC)	
1992	Sally Carei-Martinez (TAAC)	
1991	Sally Carei-Martinez (TAAC)	
1990	Mike Becker (NSWAC)	
1988	Mike Becker (NSWAC)	

### RUNNER OF THE YEAR

1989	Vivan Hernandez (NSWAC)	2004
1988	Carla Nunziato (NSWAC)	
1987	Liz Lewis (NSWAC)	

### ALL-CONFERENCE

2007	Paola Reategui (SBC)	2003
	Deirdra Witherspoon (SBC)	
2006	Paola Reategui (SBC)	
	Deirdra Witherspoon (SBC)	
2004	Amanda Howard (SBC)	
2003	Rebecca Rodriguez (SBC)	
2001	Rebecca Rodriguez (SBC)	
1998	Vibeke Nilsen (SBC)	
1997	Didi Hernandez (TAAC)	
	Karen Moya (TAAC)	
	Sadie Wells (TAAC)	2002
1996	Brenda Alfaro (TAAC)	
	Vibeke Nilsen (TAAC)	
1995	Vibeke Nilsen (TAAC)	
1994	Brenda Alfaro (TAAC)	2001
	Shar Crader (TAAC)	
	Daphne Gilles (TAAC)	
1993	Brenda Alfaro (TAAC)	
	Shar Crader (TAAC)	2000
	Raquel Guzman (TAAC)	
	Kristin Lawten (TAAC)	
	Michele Owen (TAAC)	
1992	Shar Crader (TAAC)	
	Raquel Guzman (TAAC)	
	Joanne Kluss (TAAC)	
	Kristin Laten (TAAC)	
	Michele Owen (TAAC)	
1991	Gina Gabrielle (TAAC)	1999
	Raquel Guzman (TAAC)	
	Vivian Hernandez (TAAC)	
	Joanne Kluss (TAAC)	
	Michele Owen (TAAC)	
1990	Marie Gallego (NSWAC)	
	Raquel Guzman (NSWAC)	
	Michele Owen (NSWAC)	
1988	Heidi Church (NSWAC)	
	Kristen Elliot (NSWAC)	
	Angie McCall (NSWAC)	

## Track & Field

### ALL-SBC (INDOOR)

2008	Brittney Boston	
	India George	
	Joeane Jadotte	
	Paola Reategui	
	Kerry Walker	
2007	Brittney Boston	2006
	Janelle Clarke	
	Karina Edwards	
	Jurlene Francis	
	India George	
	Joeane Jadotte	

Lauren Louissaint	
Maneka Maxwell	2005
Paola Reategui	
Lyndia Titus	
Naim Yisrael	
Elisa Dieme-Erich	
India George	
Donita Harmon	
Joeane Jadotte	
Kerry Walker	
Sheri-Ann Brooks	2004
Dalia Clarke	
Elisa Dieme-Erich	
Solange Ealy	
Jurlene Francis	2003
Amanda Howard	
Kyra Kasprzyk	
Sonnii McBride	
Naim Yisrael	
Apryl Wall	
Sheri-Ann Brooks	
Dalia Clarke	2002
Alexia Dean	
Ranada Daniels	
Linda Louissaint	
Sonnii McBride	
Marieva Bastien	
Ranada Daniels	2001
Alexia Dean	
Dalia Clarke	
Casey Kehoe	
Michelle Lennox	
Linda Louissaint	2000
Edda Santiago	
Jamillah Vargas	
Vronique Wilson	
Jessica Ghersi	
Michelle Lennox	
Linda Louissaint	
Vronique Wilson	
Liz Borrell	
Randa Daniels	1999
Alexia Dean	
Anita Edwards	
Liz Borrell	
Ranada Daniels	
Anita Edwards	
Shannon Heninger	
Farah Jean-Pierre	
Monique Peters	
Andrea Walkes	
Sadie Wells	
Vronique Wilson	
Liz Borrell	
Anita Edwards	
Anita Gilland	
Shannon Heninger	
Tayna Lawrence	
Vibeke Nilsen	
Andrea Walkes	
Sadie Wells	
Kaydene Wynter	

### ALL -SBC (OUTDOOR)

2008	Kerry Walker	
	Porsha Butler	
2007	Brittney Boston	
	Porsha Butler	
	Jurlene Francis	
	India George	
	Joeane Jadotte	
	Maneka Maxwell	
	Paola Reategui	
	Naim Yisrael	
	Porsha Butler	
	Elisa Dieme-Erich	
	Jurlene Francis	
	India George	
	Donita Harmon	
	Joeane Jadotte	

Naim Yisrael	
Sheri-Ann Brooks	1996
Dalia Clarke	
Alexia Dean	
Elisa Dieme-Erich	
Jurlene Francis	
Joeane Jadotte	
Linda Louissaint	
Veneisha Williams	
Naim Yisrael	
Sheri-Ann Brooks	2004
Ranada Daniels	
Amanda Howard	
Sonnii McBride	
Daphne Pierre-Louis	
Ranada Daniels	2003
Alexia Dean	
Anita Edwards	
Michelle Lennox	
Linda Louissaint	
Sonnii McBride	
Vronique Wilson	
Alexia Dean	2002
Michelle Lennox	
Linda Louissaint	
Rebecca Rodriguez	
Simone Thomas	
Vronique Wilson	
Liz Borrell	2001
Tiffany Cook	
Ranada Daniels	
Alexia Dean	
Anita Edwards	
Andrea Walkes	
Sadie Wells	
Vronique Wilson	
Liz Borrell	2000
Anita Edwards	
Farah Jean-Pierre	
Sadie Wells	
Vronique Wilson	
Liz Borrell	1999
Anita Gilland	
Antranique Jackson	
Tammy King	
Tayna Lawrence	
Karen Moya	
Vibeke Nilsen	
Andrea Walkes	

### SBC MOST OUTSTANDING PERFORMERS

2007	India George	
	(Field: Outdoors)	
2006	Donita Harmon	
	(Track: Indoors)	
2005	Sheri-Ann Brooks	
	(Track: Indoors & Outdoors)	
	Elisa Dieme-Erich	
	(Field: Indoors)	
2004	Linda Louissaint	
	(Field: Indoors)	
1999	Tayna Lawrence	

### ALL-TAAC

1998	Liz Borrell	
	Tiffany Cook	
	Anita Gilland	
	Shannon Heninger	
	Tammy King	
	Tayna Lawrence	
	Karen Moya	
	Ingrid Odematt	
	Chisa Perry	
	Dawn Spann	
1997	Anita Galland	
	Daphne Gilles	
	Tayna Lawrence	
	Karen Moya	
	Ingrid Odematt	

Shonda Swift
Brenda Alfaro
Tsering Grant
Didi Hernandez
Tammy King
Christie Masson
Vibeke Nilsen
Shanique Stringer
Rachel Sturgeon
Shonda Swift
Stacy Wallen

### TAAC MOST OUTSTANDING PERFORMER

1998	Tayna Lawrence
1997	Shonda Swift
1885	Shonda Swift

### ALL-CONFERENCE USA (INDOOR)

First Team	
2024	Nicole Janse Van Rensburg (PV)
2024	Elizabeth Alfrid (WT)
2024	Valerie Lastra (Mile)
2019	Clarissa Cutliff (HJ)
2018	Clarissa Cutliff (HJ)
2017	Clarissa Cutliff (HJ)
2015	Raqrura Ishmar (WT)

### Second Team

2024	Michaelle Valentin (WT)
2024	Fabiola Declet (Pent)
2024	Valerie Lastra (3000)
2023	Michaelle Valentin (WT)
2023	Celia Rifaterro (HJ)
2023	Filippa Miller (PV)
2022	Fabiola Declet (Pent)
2022	Michaelle Valentin (WT)
2021	Maika Cuenca (Pent)
2020	Ashley Josue (WT)
2015	Raqrura Ishmar (SP)
2014	Miriam Pierre (SP)

### Third Team

2024	Ane Martin Del Campo (800)
2023	Elizabeth Alfred (WT)
2016	Clarissa Cutliff (HJ)
2023	Kristin Lubeskie (PV)
2022	Kristin Lubeskie (PV)
2021	Filippa Miller (PV)
	Cam'ree Jackson (60m)
	Tikiera Relaford (HJ)

### ALL-CONFERENCE USA (OUTDOOR)

First Team	
2024	Michaelle Valentin (DT)
2024	Nicole Janse Van Rensburg (PV)
2022	Rehma Otabor (JT)
2023	Filippa Miller (PV)
2021	Rehma Otabor (JT)
2018	Gabrielle Rains (DT)
	Clarissa Cutliff (HJ)
	Clarissa Cutliff (HJ)
2017	Clarissa Cutliff (HJ)
2016	Miriam Pierre (DT)

### Second Team

2024	Fabiola Declet (Hep/LJ)
2024	Christiana Ellina (JT)
2024	Valerie Lastra (1500)
2021	Gabrielle Rains (DT)
2017	Gabrielle Rains (DT)
2019	Clarissa Cutliff (HJ)
2016	Terrisa Russell (DT)
2015	Phillicia Fluellen (LJ)
	Jaylaan Slaughter (400m)
2014	Raqrura Ishmar (SP)
	Miriam Pierre (HT)





### Third Team

2024	Luciana Gomez-Iriondo
2023	Nicole Janse Van Rensburg (PV)
2023	Michaelle Valentin (HT)
2023	Fabienne Foster (DT)
2023	Hannah Jansen (Jav)
2023	Celia Rifaterra (HJ)
2021	Filippa Miller (PV)
2016	Tiffani Hernandez (JT)
2015	Phillicia Fluellen (LJ)
2014	Chelsea Gobourne (HT)
	Tiffani Hernandez (JT)
	Cam'ree Jackson (100m)
	Caroline Reiser (10,000m)

SBC – Sun Belt Conference  
TAAC -- Trans America Athletic (Atlantic Sun)  
Conference





# ALL-AMERICANS

## PHILLICIA FLUELLEN

### One-Time Division I All-American

*Long Jump (2015, Outdoor)*

As a junior, Phillicia Fluellen finished 14th in the nation in the women's long jump at the NCAA Men's and Women's Track and Field Championships, which qualified the Melbourne, Fla., native for the honor. The All-American nod wraps up a season that saw Fluellen set a career-best of 6.26 meters at the UCF Twilight on April 30 in the long jump and take third place at the Conference USA Outdoor Track and Field Championships. She qualified for the NCAA Championships after being one of twelve athletes to advance out of the NCAA East Preliminaries.

## BENIA GREGOIRE

### One-Time Division I All-American

*Weight Throw (2012, Indoor)*

As a junior, Benia Gregoire received All-America honors after a record-setting indoor season in the weight throw. Gregoire threw a season-best and personal record of 20.77 meters in the weight throw at the Clemson Orange & Purple Winter Classic on December 3rd. The mark broke the Sun Belt Conference regular season record and helped Gregoire capture the Sun Belt Conference title. In the process Gregoire broke the Sun Belt Conference Championship record as well. Gregoire advanced to the NCAA National Championships where she finished 11th with a throw of 19.33 meters.

## NAI YSIRAEAL

### One-Time Division I All-American

*400 M Hurdles (2007, Outdoor)*

As a junior, Naim Yisrael finished in sixth place in the 400 meter hurdles at the 2007 NCAA Outdoor Championships on June 9, in Sacramento, Calif., to garner All-America honors. She broke the school record for the sixth time that season in the final race, clocking in at 56.98 seconds. She chopped off two-and-a-half seconds from her first school record-breaking time of 59.53 at the Disney Invitational on March 23. Later on that season, she broke it for the third time to finish second at the Sun Belt Championship (57.96), twice more at the NCAA East Regionals in Gainesville (57.14 in the final), and then again in the finals at Nationals.

## SHERI-ANN BROOKS

### One-Time Division I National Champion

### Two-Time Division I All-American

*60 M (2005, Indoor), 200 M (2005, Outdoor)*

As a senior, Sheri-Ann Brooks won the NCAA title in the women's 200-meter dash in 22.85 seconds at the 2005 NCAA Outdoor Championships. It was FIU's first individual national title in any sport and her second All-America honors. Brooks had already set the school record in the event, finishing in a personal- and program-best 22.74 seconds to win FIU's first NCAA East Regional Championship title. She earned her first All-America honor with a seventh-place finish in the 60 meters in 7.32 seconds at the 2005 NCAA Indoor Championships. In two years at FIU, the nine-time All-Sun Belt Conference honoree broke two school records, won five Sun Belt titles and earned back-to-back Sun Belt Conference Women's Outstanding Track Performer recognition as a senior.

## VRONIQUE WILSON

### One-Time Division I All-American

*200 M (2002, Outdoor)*

As a junior, Vronique Wilson finished among the top-eight Americans in the 200 meters in a season-best 23.21 seconds at the 2002 NCAA Outdoor Championships. That season, she also earned all-conference honors. Indoors, Wilson was selected Most Outstanding Track Performer at the Sun Belt Conference Championship after winning the 55 and 200 meters. She helped set two relay records that still stand.

## FARAH JEAN-PIERRE

### One-Time Division I All-American

*High Jump (2001, Indoor)*

Farah Jean-Pierre made an immediate impact for the Golden Panthers, winning the high jump at the Sun Belt Outdoor Championships and finishing runner-up indoors as a freshman. That year she also provisionally qualified for NCAAAs. As a sophomore, she advanced to the NCAA Indoor Championships, tying her personal best and setting a still-standing FIU indoor record by finishing third in the high jump with a 6-foot mark.

## TAYNA LARENCE

### Five-Time Division I All-American

*55 M (1999, Indoor), 100 M (1998, Outdoor), 200 M (1998, Indoor and Outdoor; 1999, Indoor)*

Five-time All-American Tayna Lawrence remains FIU's most decorated track and field athlete. A gold medalist at the 2004 Athens Olympic Games and a two-time medalist in Sydney in 2000, Larence automatically qualified for the NCAA Championships in three events as a junior. As a senior, she earned All-America recognition indoors in two events, and then was forced to withdraw from NCAA Outdoor competition after sustaining a back injury. She still holds three individual school records and is part of one relay record.

## SHONDA SWIFT

### Five-Time Division I All-American

*Triple Jump (1996, Indoor and Outdoor; 1997, Indoor and Outdoor), Long Jump (1997, Outdoor)*

The multi-talented Shonda Swift earned All-America honors five times in two years, and still holds four school records. After struggling with injuries during her first two years at FIU, Swift came on strong as a junior, placing eighth indoors and ninth outdoors (but among the top-eight Americans) in the triple jump to earn her first All-America accolades. As a senior, she finished fifth indoors in the triple, and then earned All-America accolades in both the triple and long jumps in her final collegiate outdoor season.

## ENA GUEVARA-MORA

### Three-Time Division II All-American

*3000 M (1984, Outdoor), 5000 M (1984, Outdoor), 10,000 M (1984, Outdoor)*




Guevara-Mora became FIU's first track and field All-American, earning the honor three times at the 1984 NCAA Division II National Championships. A native of Chile, Guevara-Mora placed third in the 10,000 meters in a school-record time of 34:37.95, and finished fifth in the 3,000 meters and seventh in the 5,000 meters. She still holds school records in all three events. Guevara-Mora concluded her amateur career competing in the inaugural women's marathon at the 1984 Los Angeles Olympic Games, placing 35th.



## OLYMPIANS



### TAYNA LAWRENCE

2004 Athens	4x100 Meter Relay	Gold	
2000 Sydney	4x100 Meter Relay	Silver	
	100 Meter	Silver	

### ENA GUEVARA-MORA

1992 Barcelona	Marathon	34th
1984 Los Angeles	Marathon	35th





# ALL-AMERICANS

## MICHAELLE VALENTIN

### Three-Time Division I All-American

*Discus (2024, Outdoor), Hammer (2024, Outdoor), Discus (2023, Outdoor)*

Michaelle Valentin cemented herself as one of the most decorated throwers in FIU history in 2024, capturing Second-Team All-American honors in the discus and hammer, a year after earning Second-Team All-American honors in the discus. She is a six-time medalist at the Conference USA Championships, including a gold in the discus at CUSA Outdoor 2024. Valentin holds the outdoor school record in the discus and indoor record in the weight throw.

## FILIPPA MILLER

### Two-Time Division I All-American

*Pole Vault (2022, 2023 Outdoor)*

Filippa Miller earned Second-Team All-American honors in the pole vault in 2022 with a 14th place mark in Eugene, and honorable mention honors in 2023 after competing in Austin. She earned four CUSA medals over the course of her FIU career, including gold at the 2023 CUSA Outdoor Championships.

## CHRISTIANA ELLINA

### One-Time Division I All-American

*Javelin (2024)*

Christiana Ellina made her NCAA Outdoor debut in 2024, earning Second-Team All-American honors with an 18th place mark in the javelin. Ellina also earned silver at CUSA Outdoor in 2024.

## RHEMA OTABOR

### Two-Time Division I All-American

*Javelin (2021, 2022)*

Rhema Otabor made two appearances at NCAA Outdoor in her time at FIU, finishing 21st in her debut in 2021 and then earning First-Team All-American honors in 2022 with her fourth place finish. Otabor also won two CUSA Outdoor gold medals in her time as a Panther.

