

Georgia State Track and Field 2013 Season Recap



2013 Season Review



4X100M RELAY AT SUN BELT CHAMPIONSHIP

Track & Field Finishes Seventh in Both Sun Belt Meets

2013 HONORS AND AWARDS

SUN BELT CHAMPIONSHIP RESULTS

Indoor Championship	T-7th	31 points
Outdoor Championship	7th	57 points

SUN BELT OUTDOOR CHAMPIONS

W. Brewer, G. Brooks, T. Colbert, T. Colbert 4x100m Relay

OUTDOOR ALL-SUN BELT PARTICIPANTS (5)

Wande Brewer	4x100m, 4x400m, 100m
Gabby Brooks	4x100m, 4x400m
Tatiana Colbert	4x100m, 4x400m
Talia Colbert	4x100m, 4x400m
Niamh Kearney	1,500m

SCHOOL RECORDS BROKEN (4)

Katharine Showalter	Indoor Mile	4:59.62
Katharine Showalter	Indoor 5,000m	16:51.35
Kesean Henderson	Weight Throw	15.56m (51-0.75)
Aniya Moore	Indoor Pentathlon	3,210 Points

SUN BELT WEEKLY HONOREES (2)

Katharine Showalter	Women's Track	Jan. 14
Katharine Showalter	Women's Track	Jan. 23

GSU BLUE CARPET AWARDS

Alison Bishop	Stoney Burgess Award
Anna Sinclair	Women's All-Academic Team
Carlos Galindo	Men's All-Academic Team

ATLANTA BSA PEACH OF AN ATHLETE AWARD

Katharine Showalter	Finalist
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Georgia State track and field competed in the Sun Belt Conference for the first time during the 2013 season and broke four school records during the indoor season.

The Panthers finished in seventh place at both the indoor and outdoor conference championships, setting a benchmark that will be improved upon in subsequent seasons in the Sun Belt.

After competing in the CAA for seven seasons, Georgia State announced a transition to the Sun Belt conference in 2013. All individual sports, including cross country and track and field, were allowed to move to the new conference a season earlier than expected.

INDOOR SEASON

In their first ever indoor track and field championship, Georgia State placed seventh out of twelve teams at the Sun Belt meet in Jonesboro, Ark. on Feb. 24-25, hosted by Arkansas State.

The distance runners contributed 27 of 31 points for the Panthers at the conference championship.

The Panthers' previous conferences did not support indoor conference championships, so the experience was entirely new for Georgia State. But the team can build on this start into the program's promising future.

GSU set four school records during the indoor season. **Katharine Showalter** had two of the new marks in the mile and 5,000m. The senior was twice named the Sun Belt conference Track Athlete of the Week during the indoor season.

At the Samford Invitational, Showalter ran 16:51.35 in the 5,000m to best the previous record held by former-Panther great, Jennifer Feenstra. Showalter then clocked 4:59.62 in the mile at the Virginia Tech Final Qualifier to narrowly beat the record previously held by Janel Blancett.

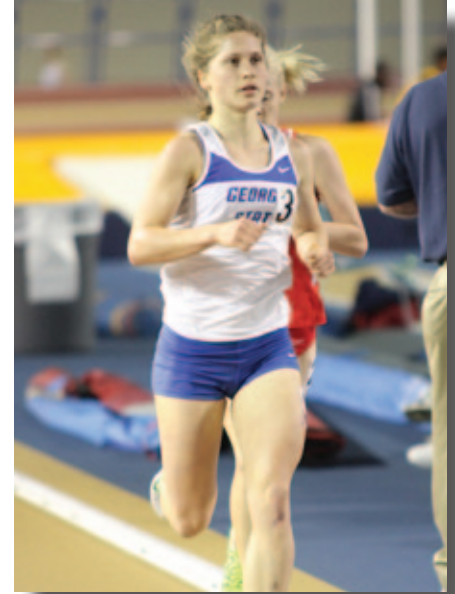
2013 Season Review

INDOOR SCHEDULE

Dec. 02	Orange and Purple Winter Classic	Clemson	Clemson, S.C.
Jan. 12-13	UAB Blazer Invite	UAB	Birmingham, Ala.
Jan. 18-19	Niswonger Invite	ETSU	Johnson City, Tenn.
Feb. 2	Middle Tennessee State Invite	MTSU	Murfreesboro, Tenn.
Feb. 9	Samford Invite	Samford	Birmingham, Ala.
Feb. 24-25	Sun Belt Indoor Championship	Arkansas State	Jonesboro, Ark.
Mar. 2	Last Chance Meet	Virginia Tech	Blacksburg, Va.
Mar. 8-9	NCAA Indoor Championship	Arkansas	Fayetteville, Ark.

OUTDOOR SCHEDULE

Mar. 15-16	UGA Relays	Georgia	Athens, Ga.
Mar. 22-23	UCF Invite	Central Florida	Orlando, Fla.
Mar. 29-30	Yellow Jacket Invite	Georgia Tech	Atlanta, Ga.
Apr. 4-5	Florida Relays	Florida	Gainesville, Fla.
Apr. 19-20	Auburn War Eagle Invite	Auburn	Auburn, Ala.
Apr. 25-27	Penn Relays	Penn	Philadelphia, Pa.
Apr. 26-27	Samford Invite	Samford	Birmingham, Ala.
May 10-12	Sun Belt Outdoor Championship	Florida International	Miami, Fla.
May 23-25	NCAA East Preliminary	North Carolina A&T	Greensboro, N.C.
June 5-8	NCAA Outdoor Championship	Oregon	Eugene, Ore.



KATHARINE SHOWALTER

Fellow senior **Kesean Henderson** reached new heights in the women's indoor weight throw, breaking the school mark in the second meet of the season and continuing to push the distance three more times during the course of the season.

Henderson eventually topped out at a throw of 15.56m (51-0.75) at the Samford Invite, which now stands as the new school record. Henderson now holds all of the top-five throws in the event in program history.

Aniya Moore established a new school record in the indoor pentathlon by scoring 3,210 points at the Orange and Purple Winter Classic to start the season.

At the indoor conference championship, Showalter finished fourth in both the mile and 3,000m to go along with a sixth-place finish in the 5,000m.

GSU earned eight points in the 3,000m as **Anna Sinclair** finished seventh and Hannah Stefanoff was eighth behind Showalter. **Jennifer Rubel** also placed fifth in the 5K.

OUTDOOR SEASON

The Panthers scored 57 points to finish in seventh place out of twelve teams at the Sun Belt Outdoor Championship on May 10-12 in Miami, Fla. hosted by Florida International. All of the points were earned in the track events.

The 4x100m relay team of **Tatiana** and **Talia Colbert**, **Gabby Brooks** and **Wande Brewer** captured a conference title in the event by running 45.52. That time is the third-fastest mark registered by a Panther 4x100m squad in program history.

The same four Panther sprinters finished in second place in the 4x400m relay event to tally 18 total points to the team score. Both times were season-bests for the GSU relay squad.

At the championship, Brewer raced to a third-place finish in the 100m dash and came in seventh in the 200m to contribute eight points to the team total, running personal bests in both events.

Tatiana Colbert added seven points with a fifth-place finish in the 200m and finished sixth in the 400m.

Niamh Kearney scored 10 points individually after placing third in the 1,500m and fifth in the 800m.

Kearney ran the fourth-fastest 1,500m time in school history with a PR of 4:29.16 to win the race at the War Eagle Invite. The mark was also the second fastest time in the conference in 2013.

Sinclair contributed seven points with a fourth-place finish in the 3,000m steeplechase and a fifth-place effort in the 5,000m.

The Panthers earned eight points in the steeplechase as **Denise Myers** (7th) and **Alison Bishop** (8th) also scored in the event. During the season, these runners combined for thirteen top-10 finishes in the steeplechase.

Moore set the second-highest point total ever for a Panther in the outdoor heptathlon. The sophomore scored 4,387 points over the five events to place eighth overall. Moore also launched the program's third-best mark in the javelin at the War Eagle Invite during the season.

Seven senior student-athletes finish their college careers during the 2012-13 track and field season: **Alison Bishop**, **Gabby Brooks**, **Kesean Henderson**, **Sydney Henry**, **Denise Myers**, **Leah Norman** and **Kelsey Spinks**.

Two more seniors, Showalter and **Tamara Moore**, still have remaining eligibility and plan to return to compete next season for the Panthers.

At the annual Blue Carpet Awards, Bishop was awarded the Stoney Burgess Scholarship for being the Georgia State senior student-athlete with the highest grade point average. Sinclair and **Carlos Galindo** were also named to the GSU All-Academic Teams.

The 2013 season marked the last year of competition for the Georgia State men's track and field and cross country program.

Women's 2013 Indoor Results

Name	Meet	Place	Mark	Name	Meet	Place	Mark	Name	Meet	Place	Mark
55M				800M				5,000M			
Tamara Moore	SBC	5	7.14f	Niamh Kearney	SBC	1	2:15.34p	#Katharine Showalter	SAM	1	16:51.35
Tamara Moore	SBC	7	7.17p	Niamh Kearney	SAM	16	2:16.99	Katharine Showalter	ETSU	2	17:41.32
Ravin Gilbert	SBC	14	7.24	Katharine Showalter	MTSU	3	2:18.59	Jennifer Rubel	SAM	5	17:48.56
Tatiana Colbert	SBC	22	7.40	Niamh Kearney	SBC	8	2:18.85f	Katharine Showalter	UAB	1	17:50.54
60M				1,000M				55M HURDLES			
Tamara Moore	OPWC	6	7.78	Niamh Kearney	MTSU	5	2:19.60	Alison Bishop	SBC	25	18:46.79
Tamara Moore	SAM	5	7.80	Niamh Kearney	ETSU	14	2:20.15	Alison Bishop	SAM	20	18:53.19
Tamara Moore	ETSU	16	7.86	Hannah Stefanoff	MTSU	14	2:25.79	Alison Bishop	ETSU	17	19:15.83
Ravin Gilbert	SAM	13	7.88	Aniya Moore	UAB	35	2:35.36	Alison Bishop	UAB	12	19:19.10
Talia Colbert	UAB	33	7.89	Kissa Williams	SAM	54	2:36.74	Anna Sinclair	SBC	32	19:29.68
Tatiana Colbert	UAB	34	7.90	MILE				Denise Myers	ETSU	21	19:47.48
Tatiana Colbert	SAM	21	7.95	Niamh Kearney	OPWC	1	2:58.16	Denise Myers	UAB	14	20:00.38
200M				3,000M				60M HURDLES			
Wande Brewer	SAM	11	25.07	#Katharine Showalter	VT	8	4:59.62	Tamara Moore	SBC	9	8.10
Wande Brewer	SBC	11	25.10	Katharine Showalter	MTSU	2	5:02.20	4X400M RELAY			
Tatiana Colbert	SBC	13	25.15	Niamh Kearney	SAM	12	5:03.35	Colbert, T. Moore, Obi, Brooks	SBC	6	3:54.11
Wande Brewer	ETSU	9	25.18	Katharine Showalter	SBC	4	5:05.32	Brooks, Colbert, Colbert, Obi	UAB	8	3:55.92
Ravin Gilbert	SAM	19	25.32	Katharine Showalter	ETSU	2	5:07.66	Colbert, Brooks, T. Moore, Colbert	OPWC	4	3:56.56
Ravin Gilbert	SBC	18	25.44	Niamh Kearney	SBC	7	5:09.72	Gilbert, Brewer, A. Moore, Robinson	UAB	22	4:04.83
Ravin Gilbert	UAB	18	25.47	Niamh Kearney	MTSU	8	5:11.89	Gilbert, Williams, Brewer, Obi	OPWC	7	4:10.00
Jacqueline Obi	ETSU	11	25.48	Hannah Stefanoff	MTSU	9	5:12.59	DISTANCE MEDLEY RELAY			
Jacqueline Obi	SBC	20	25.50	Hannah Stefanoff	OPWC	5	5:21.57	Stefanoff, Williams, Showalter, Sinclair	SAM	4	12:20.89
Talia Colbert	UAB	21	25.55	Anna Sinclair	OPWC	6	5:24.11	Stefanoff, Brewer, Showalter, Kearney	SBC	7	12:25.07
Tamara Moore	SBC	21	25.78	Katie Papesh	SAM	48	5:56.43	LONG JUMP			
Tatiana Colbert	UAB	31	25.81	Katie Papesh	MTSU	25	6:09.92	Gabby Brooks	ETSU	2	5.69m
Gabby Brooks	ETSU	27	26.06	Katie Papesh	ETSU	50	6:12.28	Katharine Randolph	ETSU	3	5.64m
Kissa Williams	ETSU	30	26.15	4,000M				Gabby Brooks	OPWC	4	5.50m
Aniya Moore	ETSU	66	27.16	Katharine Showalter	SBC	4	10:05.65	Gabby Brooks	UAB	18	5.38m
300M				Hannah Stefanoff	SAM	10	10:07.21	Gabby Brooks	SBC	19	5.32m
Talia Colbert	OPWC	15	41.12	Anna Sinclair	SBC	7	10:12.51	Gabby Brooks	SAM	19	5.27m
Tatiana Colbert	OPWC	16	41.23	Katharine Showalter	UAB	1	10:14.68	Aniya Moore	ETSU	12	5.21m
Ravin Gilbert	OPWC	19	41.86	Hannah Stefanoff	SBC	8	10:16.93				
Jacqueline Obi	OPWC	21	42.11	Hannah Stefanoff	UAB	2	10:17.58				
Kissa Williams	OPWC	22	42.45	Anna Sinclair	ETSU	4	10:21.30				
Wande Brewer	OPWC	23	42.50	Anna Sinclair	MTSU	1	10:23.73				
400M				Anna Sinclair	UAB	5	10:27.17				
Jacqueline Obi	ETSU	1	57.18f	Denise Myers	SAM	22	10:31.05				
Jacqueline Obi	ETSU	6	58.76p	Jennifer Rubel	UAB	8	10:39.68				
Tatiana Colbert	SAM	28	58.76	Alison Bishop	SBC	16	10:40.62				
Jacqueline Obi	UAB	19	59.09	Niamh Kearny	ETSU	12	10:41.34				
Wande Brewer	SAM	39	59.80	Jennifer Rubel	MTSU	6	10:43.47				
Tatiana Colbert	SBC	15	59.42	Denise Myers	MTSU	7	10:45.35				
Gabby Brooks	SBC	18	59.63	Alison Bishop	MTSU	8	10:46.07				
Jaqueline Obi	SBC	21	1:00.11	Denise Myers	SBC	17	10:47.65				
Wande Brewer	UAB	37	1:00.25	Jennifer Rubel	OPWC	1	10:55.59				
Wande Brewer	ETSU	26	1:01.65	Alison Bishop	OPWC	2	10:56.49				
Kissa Williams	ETSU	30	1:02.10	Denise Myers	OPWC	3	10:58.12				
Wande Brewer	SBC	25	1:02.59	Alison Bishop	UAB	22	11:16.60				
500M				Sarah McCarthy	SAM	35	11:19.37				
Talia Colbert	OPWC	2	1:16.30	Denise Myers	UAB	25	11:30.52				
Jacqueline Obi	OPWC	12	1:22.41	Sarah McCarthy	MTSU	18	11:37.02				
Kissa Williams	OPWC	13	1:22.95	Sarah McCarthy	ETSU	22	12:28.05				
Wande Brewer	OPWC	16	1:24.11								

Women's 2013 Indoor Results

Name Meet Place Mark

HIGH JUMP

Alex Johnson	MTSU	4	1.58m
Aniya Moore	MTSU	5	1.58m
Alex Johnson	SBC	17	1.57m
Alex Johnson	OPWC	9	1.50m
Alex Johnson	UAB	20	1.50m

TRIPLE JUMP

Gabby Brooks	SAM	18	11.10m
Gabby Brooks	UAB	24	10.92m
Gabby Brooks	ETSU	20	10.58m

SHOT PUT

Carresa Reeves	UAB	13	12.38m
Carresa Reeves	SAM	21	12.11m
Carresa Reeves	OPWC	2	11.95m
Carresa Reeves	MTSU	4	11.65m
Sydney Henry	ETSU	17	11.32m
Sydney Henry	SBC	18	11.00m
Kesean Henderson	MTSU	6	10.83m
Christina John	OPWC	10	10.67m
Sydney Henry	MTSU	8	10.51m
Kesean Henderson	SAM	38	10.20m
Aniya Moore	ETSU	25	10.70m
Sydney Hendry	OPWC	14	9.75m
Latasia Franklin	MTSU	9	9.62m
Latasia Franklin	SAM	47	8.60m

WEIGHT THROW

#Kesean Henderson	SAM	18	15.56m
Kesean Henderson	MTSU	2	15.28m
Kesean Henderson	ETSU	9	15.09m
Kesean Henderson	SBC	11	15.06m
Kesean Henderson	UAB	8	15.03m
Sydney Henry	SBC	14	14.86m
Kesean Henderson	OPWC	3	14.68m
Sydney Hendry	SAM	32	13.59m
Christina John	OPWC	9	12.34m
Sydney Henry	MTSU	8	12.24m
Sydney Henry	ETSU	29	11.27m
Latasia Franklin	SAM	41	9.82m
Sydney Hendry	OPWC	19	9.75m

PENTATHALON

#Aniya Moore	OPWC	2	3,210 pts
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Men's Indoor Results

Name Meet Place Mark

60M

Marsalis Jackson	ETSU	13	7.09
Wayne Parker	ETSU	18	7.11
Wayne Parker	SAM	39	7.21

200M

Wayne Parker	SAM	60	23.06
Wayne Parker	ETSU	37	23.40

1,000M

M. Johnson-Weeks	OPWC	4	35.25
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3,000M

Valentin Poncelet	SBC	12	8:44.02
Valentin Poncelet	SAM	23	8:49.28
Valentin Poncelet	MTSU	3	8:49.67
Carlos Galindo	MTSU	6	8:57.79
Carlos Galindo	SBC	15	9:00.65
Valentin Poncelet	ETSU	9	9:02.26
Carlos Galindo	ETSU	17	9:20.17

5,000M

Valentin Poncelet	SBC	8	15:08.49
Valentin Poncelet	SAM	3	15:09.77
Carlos Galindo	SBC	16	15:28.62
Carlos Galindo	SAM	11	15:35.13

LONG JUMP

Marsalis Jackson	SAM	31	6.25m
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SHOT PUT

Robin Ji	MTSU	5	11.66m
Robin Ji	OPWC	5	11.44m
Robin Ji	SAM	37	10.86m
Will Walker	MTSU	6	10.36m
Will Walker	OPWC	10	8.80m

Key

OPWC Orange & Purple Winter Classic
 UAB UAB Blazer Invite
 ETSU Niswonger Invite
 MTSU Middle Tennessee Invite
 SAM Samford Invite
 SBC Sun Belt Indoor Championship
 VT Virginia Tech Final Qualifier

School Record
 p - preliminary heat
 f - event final

Women's 2013 Outdoor Results

Name	Meet	Place	Mark	Name	Meet	Place	Mark	Name	Meet	Place	Mark
100M				1,500M				4X100M RELAY			
Wande Brewer	SBC	3	11.99p	Niamh Kearney	WAR	1	4:29.16	Colbert, Colbert, Brooks, Brewer			
Wande Brewer	SBC	3	12.07	Niamh Kearney	SBC	3	4:33.56	SBC	1		45.52
Wande Brewer	SAM	9	12.10	Niamh Kearney	UF	11	4:36.19	Colbert, Colbert, Brooks, Brewer			
Wande Brewer	UGA	9	12.14	Niamh Kearney	UCF	3	4:38.48	SAM	3		46.23
Talia Colbert	UGA	11	12.19	Hannah Steafanoff	WAR	7	4:42.37	Colbert, Colbert, Brooks, Brewer			
Wande Brewer	WAR	14	12.26	Hannah Stefanoff	YJI	16	4:44.82	UF	28		46.81
Tatiana Colbert	UGA	14	12.26	Hannah Stefanoff	UGA	2	4:46.80	4X200M RELAY			
Talia Colbert	SAM	11	12.30	Alison Bishop	WAR	2	4:50.79	Brooks, Colbert, Colbert, Brewer			
Tatiana Colbert	YJI	12	12.31	Alison Bishop	YJI	23	4:56.80	UGA	4		1:39.88
Talia Colbert	SBC	16	12.44	Denise Myers	WAR	3	4:58.25	4X400M RELAY			
Katharine Randolph	SAM	18	12.86	Denise Myers	UCF	11	5:02.42	Colbert, Brooks, Brewer, Colbert			
200M				3,000M							
Wande Brewer	SBC	5	24.28p	Katie Papesh	SAM	15	5:17.72	Colbert, Brooks, Brewer, Colbert			
Tatiana Colbert	SBC	5	24.47f	Katie Papesh	WAR	8	5:19.75	SBC	2		3:42.25
Tatiana Colbert	SBC	8	24.48p	Katie Papesh	YJI	30	5:25.35	Colbert, Brooks, Brewer, Colbert			
Wande Brewer	UCF	9	24.49	Katie Papesh	UGA	26	5:26.43	UF	31		3:45.76
Wande Brewer	WAR	11	24.64	Katie Papesh	UCF	13	5:35.59	Colbert, Moore, Colbert, Brooks			
Tatiana Colbert	YJI	13	24.66	3,000M STEEPLECHASE				UCF	7		3:46.02
Wande Brewer	SBC	7	24.82f	Hannah Stefanoff	SAM	3	10:05.35	Colbert, Brooks, Brewer, Colbert			
Talia Colbert	UCF	13	24.94	Niamh Kearney	UGA	1	10:26.39	YJI	2		3:47.75
Wande Brewer	SAM	8	24.99	Jennifer Rubel	SAM	8	10:49.30	Colbert, Brooks, Brewer, Colbert			
Talia Colbert	SAM	10	25.07	Kelsey Spinks	SAM	10	11:26.71	SAM	2		3:50.71
Tatiana Colbert	UCF	15	25.12	3,000M STEEPLECHASE				Colbert, Brooks, Brewer, Colbert			
Tatiana Colbert	SAM	14	25.34	Anna Sinclair	SBC	4	11:02.42	WAR	3		3:51.13
Gabby Brooks	YJI	19	25.65	Anna Sinclair	YJI	2	11:04.91	Gilbert, Robinson, Williams, Brewer			
Kissa Williams	YJI	24	25.78	Alison Bishop	SAM	2	11:11.42	UGA	4		3:56.06
400M				5,000M				LONG JUMP			
Tatiana Colbert	SBC	6	55.40f	Anna Sinclair	SAM	3	11:12.90	Gabby Brooks	UCF	6	5.77m
Tatiana Colbert	SBC	7	55.81p	Alison Bishop	UF	16	11:13.07	Gabby Brooks	SBC	10	5.75m
Tatiana Colbert	WAR	9	55.82	Denise Myers	SBC	7	11:20.39	Gabby Brooks	UF	13	5.74m
Talia Colbert	YJI	7	55.98	Alison Bishop	SBC	8	11:20.99	Gabby Brooks	WAR	5	5.70m
Talia Colbert	SBC	12	56.66	Denise Myers	UCF	1	11:24.81	Gabby Brooks	YJI	6	5.67m
Tatiana Colbert	UCF	9	56.70	Denise Myers	UF	18	11:26.22	Gabby Brooks	UGA	7	5.48m
Talia Colbert	UCF	10	57.27	Denise Myers	YJI	5	11:26.99	Gabby Brooks	SAM	6	5.43m
Talia Colbert	WAR	16	57.70	Anna Sinclair	UGA	1	11:28.90	Katharine Randolph	SAM	7	5.24m
Wande Brewer	YJI	18	58.61	Denise Myers	UGA	2	11:29.19	Katherine Randolph	WAR	13	4.98m
Jasmyne Robinson	UGA	11	59.76	Denise Myers	SAM	7	11:30.81	Aniya Moore	WAR	15	4.85m
Jasmyne Robinson	UCF	20	59.92	Alison Bishop	UGA	3	11:34.53	Tatiana Colbert	SAM	13	4.74m
Kissa Williams	UGA	12	59.94	Alison Bishop	UCF	2	11:35.58	TRIPLE JUMP			
Wande Brewer	UCF	22	1:01.08	5,000M				Gabby Brooks	UCF	4	12.06m
Marissa Jenkins	YJI	27	1:05.00	Anna Sinclair	UF	12	17:19.48	Gabby Brooks	UGA	6	11.96m
800M				Jennifer Rubel	UF	17	17:29.08	Gabby Brooks	SBC	9	11.89m
Nimah Kearney	SAM	4	2:12.32	Anna Sinclair	SBC	5	17:38.55	Gabby Brooks	WAR	8	11.86m
Niamh Kearney	YJI	4	2:13.68	Hannah Stefanoff	UF	19	17:40.73	HIGH JUMP			
Niamh Kearney	SBC	8	2:14.07p	Hannah Stefanoff	UCF	2	17:44.18	Alexandra Johnson	UGA	4	1.60m
Niamh Kearney	SBC	5	2:15.65f	Jennifer Rubel	WAR	3	17:50.55	Alexandra Johnson	SAM	7	1.57m
Niamh Kearney	UCF	20	2:17.34	Jennifer Rubel	UGA	12	17:57.82	Alexandra Johnson	SBC	12	1.57m
Katie Papesh	YJI	23	2:46.03	Jennifer Rubel	YJI	3	18:05.27	SHOT PUT			
Katie Papesh	UCF	27	2:49.15	Hannah Stefanoff	SBC	12	18:06.09	Carresa Reeves	WAR	6	12.46m
				Anna Sinclair	WAR	7	18:11.18	Carresa Reeves	YJI	5	12.14m
				Kelsey Spinks	WAR	1	18:35.40	Carresa Reeves	SAM	8	12.13m
				Jennifer Rubel	SBC	22	18:40.68	Carresa Reeves	UCF	15	12.10m
				Kelsey Spinks	SBC	28	18:57.94	Sydney Henry	YJI	6	12.01m
				Alison Bishop	UCF	6	18:58.26	Caressa Reeves	SBC	15	11.74m
				Denise Myers	SBC	31	19:00.79	Sydney Henry	WAR	11	10.96m
				Alison Bishop	SBC	33	19:11.97	Sydney Henry	UCF	16	11.89m
				10,000M				Sydney Henry	UGA	12	10.88m
				Hannah Stefanoff	SBC	8	37:48.13	Aniya Moore	SAM	14	10.10m
				Jennifer Rubel	SBC	12	39:19.72				
				Jennifer Rubel	UCF	2	39:31.35				
				100M HURDLES							
				Aniya Moore	WAR	22	16.69				

Women's 2013 Outdoor Results

Name Meet Place Mark

DISCUS

Christina John	UGA	5	40.03m
Christina John	UCF	20	38.46m
Christina John	YJI	7	37.36m
Kesean Henderson	YJI	10	36.02m
Kesean Henderson	UCF	25	35.66m
Kesean Henderson	SBC	19	34.47m
LaTasia Franklin	UGA	11	33.59m
Kesean Henderson	UGA	12	33.05m
Carresa Reeves	SAM	18	32.42m
Carresa Reeves	UCF	26	31.94m
Carresa Reeves	UGA	15	30.15m
Careesa Reeves	YJI	12	26.29m
Carresa Reeves	SBC	23	26.10m
Sydney Hendry	UCF	30	24.25m

HAMMER

Kesean Henderson	SBC	9	46.51m
Kesean Henderson	UCF	18	43.10m
Kesean Henderson	UGA	6	42.45m
Christina John	YJI	12	41.85m
Kesean Henderson	YJI	13	41.75m
Sydney Henry	SBC	21	37.74m
LaTasia Franklin	SBC	22	37.18m
Christina John	UGA	12	37.00m
Sydney Henry	UGA	16	34.52m
LaTasia Franklin	UGA	18	29.21m

JAVELIN

Aniya Moore	WAR	8	29.28m
LaTasia Franklin	SAM	19	20.10m

HEPTATHLON

Aniya Moore	SBC	8	4,387 pts
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Men's Outdoor Results

Name Meet Place Mark

100M

Wayne Parker	UGA	14	10.78
Wayne Parker	YJI	12	11.01
Wayne Parker	WAR	15	11.13
Marsalis Jackson	UGA	27	11.33
Marsalis Jackson	WAR	19	11.35
Marsalis Jackson	YJI	18	11.46

200M

Wayne Parker	YJI	18	22.38
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1,500M

Valentin Poncelet	UCF	5	4:01.34
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3,000M

Valentin Poncelet	UGA	5	8:52.08
Carlos Galindo	SAM	10	8:56.93
Carlos Galindo	UGA	11	9:04.58

5,000M

Valentin Poncelet	YJI	2	14:42.57
Valentin Poncelet	UF	11	14:46.20
Carlos Galindo	WAR	11	15:21.19
Carlos Galindo	UCF	2	16:05.60

LONG JUMP

Marsalis Jackson	UGA	9	6.64m
Marsalis Jackson	YJI	8	6.63m
Marsalis Jackson	WAR	10	6.29m

DISCUS

Robin Ji	UGA	11	37.57m
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Key

UGA	UGA Relays
UCF	UCF Invite
YJI	Yellow Jacket Invite
UF	Florida Relays
WAR	War Eagle Invite
PENN	Penn Relays
SAM	Samford Invite
SB	Sun Belt Championship
NCAA	NCAA East Preliminary

School Record
p - prelim
f - final

School Records

WOMEN'S OUTDOOR RECORDS

Event	Name	Year	Mark
100 meters	Kendra LaFleur	2010	11.46
200 meters	Denice Vance	2007	23.54
400 meters	Zanta Marble	2004	54.12
800 meters	Tamika Kinchen	2010	2:03:25
1,000 meters	Tamika Kinchen	2009	2:57.49
1,500 meters	Tamika Kinchen	2010	4:25.47
3,000 meters	Jenn Feenstra	2002	9:32.90
5,000 meters	Jenn Feenstra	2002	16:29.53
10,000 meters	Jenn Feenstra	2005	35:06.13
3K Steeplechase	Jenn Feenstra	2001	10:24.87
100m Hurdles	Sheriee Willis	2007	13.41
400m Hurdles	Danielle Hill	2011	58.90
High Jump	Kristen Pace	2004	6-0.5 (1.83m)
Long Jump	Alexandra Roze'fort	2007	19-11 (5.79m)
Triple Jump	Angelia Nugent	2012	42-8.00 (13.00m)
Javelin	Julie Burroughs	1984	107-11.8 (32.61m)
Discus	Yolanda Berryhill	2011	160-47 (48.78m)
Shot Put	Yolanda Berryhill	2008	47-06.5 (14.49m)
Hammer	Yolanda Berryhill	2010	163-08 (49.89m)
Heptathlon	Jacia Montgomery	2011	4,530 points

WOMEN'S INDOOR RECORDS

Event	Name	Year	Mark
55m	Adaku Ezeonwuka	2007	6.99
60m	Sheriee Willis	2005	7.35
200m	Denice Vance	2007	24.36
300m	Denice Vance	2006	39.70
400m	Ashley Taylor	2005	55.02
500m	Brandy Swann	2011	1:13.13
600m	Latorya Dopson	2007	1:37.76
800m	Tamika Kinchen	2009	2:07.56
1,000m	Tamika Kinchen	2009	2:57.49
Mile	Katharine Showalter	2013	4:59.62
3,000m	Jennifer Feenstra	2005	9:41.06
5,000m	Katharine Showalter	2013	16:51.35
55m Hurdles	Sheree Willis	2007	8.00
60m Hurdles	Shiree Willis	2005	8.23
Long Jump	Tatiana Colbert	2012	19-5.5 (5.93m)
Triple Jump	Angelia Nugent	2011	40-2 (12.24m)
High Jump	Kristen Pace	2004	6-0.5 (1.84m)
Shot Put	Yolanda Berryhill	2011	44-11.5 (13.70m)
Weight Throw	Kesean Henderson	2013	51-0.75 (15.56m)
Pole Vault	Karena Shell	2006	10-6 (3.20m)
Pentathlon	Aniya Moore	2013	3,210 points

MEN'S OUTDOOR RECORDS

Event	Name	Year	Mark
100 meters	Royce Toombs	1986	10.66
200 meters	Bryant Mark	2003	21.32
400 meters	Bryant Mark	2003	47.37
800 meters	Zaven O'Bryant	2008	1:51.01
1,500 meters	Mark Steeds	2009	3:44.01
3,000 meters	Mark Steeds	2008	8:05.94
5,000 meters	Mark Steeds	2009	13:46.85
10,000 meters	Andrew Letherby	1995	29:52.20
3K Steeplechase	Matt Oates	2001	9:40.90
110m Hurdles	Robbie Short	1986	14.10
400m Hurdles	Robbie Short	1986	55.50
High Jump	Curt Patton	1984	6-8 (1.83m)
Long Jump	Jacob English	2008	23-6 (7.01m)
Triple Jump	Jacob English	2008	50-2 (15.24m)
Javelin	Louis Payeur	1985	154-3.5 (46.94m)
Discus	Mac Williams	1968	129-5 (39.47m)
Shot Put	Mac Williams	1968	48-10 (14.63m)

MEN'S INDOOR RECORDS

Event	Name	Year	Mark
55m	Alex Gainous	2012	6.69
60m	Chris Miles	2012	7.02
200m	Eric Robinson	2007	22.53
300m	Eric Robinson	2006	35.79
400m	Eric Robinson	2007	50.27
500m	Rashaan Johnson	2010	1:08.77
800m	Zaven O'Bryant	2009	1:55.86
1,000m	Valentin Poncelet	2012	2:38.97
Mile	Zaven O'Bryant	2008	4:11.36
3,000m	Mark Steeds	2009	8:03.25
5,000m	Mark Steeds	2008	14:25.44
55m Hurdles	Kacey Rollins	2012	7.66
60m Hurdles	Kacey Rollins	2011	8.35
Long Jump	Jacob English	2008	23-0.75 (7.03m)
Triple Jump	Jacob English	2008	49-2.25 (14.99m)
Shot Put	Robin Ji	2013	38-3.25 (11.66m)

MEN'S OUTDOOR RELAY RECORDS

Event	Names	Year	Mark
4x100m	L. Nicholson, K. Williams, C. Miles, J. Jenkins	2010	41.96
4x400m	R. Johnson, J. Jenkins, C. Harper, J. DeVito	2010	3:18.51
Distance Medley	T. Mott, A. Campbell, M. McMaster, M. Barile	2001	10:06.60

MEN'S INDOOR RELAY RECORDS

Event	Names	Year	Mark
4x400m	A. Gainous, C. Smith, K. Rollins, C. Miles	2012	3:32.85
Distance Medley	V. Poncelet, C. Vanderkleed, J. Black, C. Harper	2012	11:02.72

WOMEN'S OUTDOOR RELAY RECORDS

Event	Names	Year	Mark
4x100m	D. Vance, Canady, O'Connor, A. Ezeonwuka	2006	44.89
4x400m	P. Thomas, N. O'Connor, A. Taylor, C. Canady	2005	3:37.90
Distance Medley	J. Feenstra, Z. Marble, N. Negussie, S. Howard	2001	12:17.34
1,600m Sprint Medley	K. LaFleur, Tyson, B. Swann, T. Kinchen	2009	3:48.66

WOMEN'S INDOOR RELAY RECORDS

Event	Names	Year	Mark
4x200m	T. Colbert, L. Dent, T. Colbert, G. Brooks	2011	1:43.85
4x400m	TYI Meet	2005	3:44.67
Distance Medley	T. Kinchen, A. Nugent, B. Swann, J. Blancett	2010	11:48.47

Conference Championships

OUTDOOR

Year	Conference	Location	Men		Women	
			Place	Score	Place	Score
2013	Sun Belt	Miami, Fla.	—	—	7th	57
2012	CAA	Fairfax, Va.	6th	13	3rd	122
2011	CAA	Richmond, Va.	7th	14	1st	133
2010	CAA	Fairfax, Va.	7th	12	5th	93
2009	CAA	Towson, Md.	7th	26	3rd	120
2008	CAA	Williamsburg, Va.	7th	36	4th	97
2007	CAA	Harrisonburg, Va.	8th	19	3rd	116
2006	CAA	Richmond, Va.	8th	12	6th	74
2005	CAA	Fairfax, Va.	5th	58	5th	63
2004	A-Sun	Orlando, Fla.	5th	27	3rd	100
2003	A-Sun	Orlando, Fla.	4th	60	3rd	96
2002	A-Sun	Troy, Ala.	T-4th	49	5th	60
2001	A-Sun	Orlando, Fla.	4th	58	6th	44
2000	TAAC	Troy, Ala.	5th	18	6th	31
1999	TAAC	Troy, Ala.	5th	16	6th	30
1998	TAAC	Miami, Fla.	6th	16	6th	10
1997	TAAC	Orlando, Fla.	6th	9	7th	10

INDOOR

Year	Conference	Location	Men		Women	
			Place	Score	Place	Score
2013	Sun Belt	Jonesboro, Ark	10th	1	T-7th	31

2011 CAA WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS



The lone conference championship for the Georgia State track and field program came back in 2011 when the Panthers captured the women's CAA outdoor track and field title. GSU was led by the CAA Most Outstanding Field Performer **Yolanda Berryhill** and CAA Rookie of the Year **Tamara Moore**. Five individuals combined to win seven events and ten individuals earned All-CAA honors in eleven events.

ACADEMIC HONORS

WOMEN'S CONFERENCE SCHOLAR ATHLETE OF THE YEAR

Denice Vance	2007-08	CAA
Yolanda Berryhill	2010-11	CAA

MEN'S CONFERENCE SCHOLAR ATHLETE OF THE YEAR

Jacob English	2007-08	CAA
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WOMEN'S ACADEMIC ALL-AMERICANS

Yolanda Berryhill	2011-12	1st Team
Yolanda Berryhill	2010-11	3rd Team
Rachel Hannah	2007-08	2nd Team
Elizabeth Stanford	2006-07	1st Team
Elizabeth Stanford	2005-06	2nd Team
Jenn Fennstra	2004-05	1st Team

MEN'S ACADEMIC ALL-AMERICANS

Mark Steeds	2008-09	1st Team
Jacob English	2007-08	2nd Team
Matt Wilpers	2005-06	2nd Team

Conference Awards and Records

WOMEN'S CONFERENCE AWARDS

Name	Award	Year
Tamara Moore	Most Outstanding Track Performer	2012
Yolanda Berryhill	Most Outstanding Field Performer	2011
Tamara Moore	Rookie of the Year	2011
Yolanda Berryhill	Scholar-Athlete of the Year	2011
Tamika Kinchen	Co-Outstanding Track Performer	2010
Brandy Swann	Co-Rookie of the Year	2009
Denise Vance	Scholar-Athlete of the Year	2008
Andrea Smith	Most Outstanding Fr. Performer	2003
Jenn Feenstra	Most Outstanding Fr. Performer	2001
Sara Howard	Most Outstanding Performer	1999

MEN'S CONFERENCE AWARDS

Name	Award	Year
Jacob English	Most Outstanding Field Performer	2008
Mark Steeds	Athlete of the Year	2008
Jacob English	Scholar-Athlete of the Year	2008

MULTIPLE CONFERENCE CHAMPIONS

Name	Event	Years	Titles
WOMEN			
Zanta Marble	400m/200m/4x100m/4x400m		7
Sarah Howard	3,000m/5,000m		6
Nicole Davis	400m/4x400m		5
Jenn Feenstra	3,000m/5,000m		5
Tarjatta Rose	400mH/4x100m/4x400m		4
Kendra LaFleur	100m/4x100m		4
Angelia Nugent	Triple Jump/Long Jump/4x400m		4
Yolanda Berryhill	Discus/Shot Put		3
Tamika Kinchen	800m/1,500m		3
Sheriee Willis	400mH/100mH/4x400m		3
Tamara Moore	100mH/400mH		3
Brandy Swann	400m/4x400m		2
Kristen Pace	High Jump		2
Ashley Taylor	4x400m		2
Denice Vance	4x100m		2
Porscha Bailey	4x100m/4x400m		2
LaDrica Derrico	4x400m		2
Adaku Ezeonwuka	4x100m		2
Cherell Lawson	4x100m/4x400m		2
Dawn Arnold	4x400m		2
WOMEN (SAME EVENT)			
Sara Howard	3,000m	1997-2000	4
Zanta Marble	400m	2001, 03-04	3
	4x100m Relay	2007-09	3
	4x400m Relay	2007-09	3
Yolanda Berryhill	Discus	2008, 2011	2
Tamika Kinchen	800m	2009-10	2
Sarah Howard	5,000m	1999-2000	2
Jenn Feenstra	10,000m	2004-05	2
Tarjatta Rose	400mH	2002-03	2
Kristen Pace	High Jump	2003-04	2
Angelia Nugent	Triple Jump	2011-12	2
Tamara Moore	100mH	2011-12	2
MEN			
Tee Mott	800m/1,500m	1998-2001	4
Bryant Mark	200m/400m/4x400m	2003	3
Mark Steeds	1,500m	2008-09	2
MEN (SAME EVENT)			
Mark Steeds	1,500m	2008-09	2
Tee Mott	1,500m	2001-02	2
Tee Mott	800m	1998, 2001	2

CONFERENCE ATHLETE OF THE WEEK AWARDS

Name	Award	Date	Conf.
WOMEN			
Katharine Showalter	Track	Jan. 23, 2013	Sun Belt
Katharine Showalter	Track	Jan. 14, 2013	Sun Belt
Charlesha Lightborne	Track	Mar. 20, 2012	CAA
Katharine Showalter	Track	April 3, 2012	CAA
Angelia Nugent	Field	May 17, 2011	CAA
Tamara Moore	Track	May 17, 2011	CAA
Yolanda Berryhill	Co-Field	April 19, 2011	CAA
Shaquita Young	Co-Field	April, 5, 2011	CAA
Yolanda Berryhill	Field	Mar. 22, 2011	CAA
Tamika Kinchen	Co-Track	April 20, 2010	CAA
Tamika Kinchen	Co-Track	April 6, 2009	CAA
Denice Vance	Track	Mar. 27, 2007	CAA
Rachel Hannah	Track	April, 10, 2007	CAA
MEN			
Valentin Poncelet	Track	April 3, 2012	CAA
Mark Steeds	Track	April 8, 2008	CAA
Mark Steeds	Track	Mar. 25, 2008	CAA
Mark Steeds	Track	April. 10, 2007	CAA
Jacob English	Field	Mar. 2, 2005	CAA
Nick Miller	Track	April, 6, 2004	A-Sun

CONFERENCE CHAMPIONSHIP MEET RECORDS

Event	Name	Year	Conf.	Mark
WOMEN				
800m	Tamika Kinchen	2010	CAA	2:08.90
4x100 Relay	Kendra LaFleur	2007	CAA	45.07
	Adaku Ezeonwuka			
	Porscha Bailey			
	Denice Vance			
400m Hurdles	Tarjatta Rose	2003	A-SUN	59.28
3,000m	Jenn Feenstra	2001	TAAC	9:58.93
MEN				
1,500m	Tee Mott	2001	TAAC	3:49.93

NCAA Competitors

NCAA NATIONAL QUALIFIERS (9)

WOMEN'S INDOOR QUALIFIERS

2004	Kristin Pace	High Jump	N/A	
2002	Jenn Feenstra	5,000m	10th	16:35.90

WOMEN'S OUTDOOR QUALIFIERS

2012	Angelia Nugent	Triple Jump	N/A	
2011	Angelia Nugent	Triple Jump	19th	12.42m
2009	Tamika Kinchen	800m	27th	2:14.17
2005	Kristin Pace	High Jump	17th	1.74m

MEN'S OUTDOOR QUALIFIERS

2009	Mark Steeds	5,000m (prelim)	13th	14:01.41
		(final)	11th	14:20.23
2008	Mark Steeds	5,000m (prelim)	7th	14:13.06
		(final)	12th	13:56.18
1997	Andrew Letherby	5,000m (prelim)	5th	14:11.31
		(final)	9th	14:17.35

WOMEN'S NCAA EAST REGIONAL QUALIFIERS (66)

2012 (3)

Tamara Moore	100mH
Angelia Nugent	Triple Jump
Charlesha Lightbourne	200m

2011 (6)

Yolanda Berryhill	Discus
Danielle Hill	400mH
Tamara Moore	100mH
Angelia Nugent	Triple Jump
Brandy Swann	400m
Shaquita Young	High Jump

2010 (4)

Yolanda Berryhill	Discus
Janel Blancett	5,000m
Tamika Kinchen	800m
Kendra LaFleur	100m, 200m

2009 (9)

Janel Blancett	5,000m
Nicole Davis	4x100m, 4x400m
Latorya Dopson	4x400m
Jasmine Johnson	400mH
Tamika Kinchen	800m, 1,500m
Kendra LaFleur	100m, 4x100m
Angelia Nugent	4x100m, 4x400m
Brandy Swann	400m, 4x400m
Bianca Tyson	4x100m

2008 (9)

Dawn Arnold	4x400m
Yolanda Berryhill	Discus
Nicole Davis	400m, 4x400m
LaDrica Derrico	4x400m
Adaku Ezeonwuka	4x100m
Kendra LaFleur	100m, 4x100m
Cherell Lawson	4x100m, 4x400m
Caitlin Price	5,000m
Denice Vance	100m, 200m, 4x100m

2007 (12)

Dawn Arnold	4x400m
Porscha Bailey	4x100m
Denisha Bryant	800m, 4x400m
Nicole Davis	4x400m
LaDrica Derrico	4x400m
Adaku Ezeonwuka	4x100m
Rachel Hannah	5,000m
Ashantia Harris	100mH
Kendra LaFleur	4x100m
Alexandra Rozefort	Long Jump
Denice Vance	100m, 200m, 4x100m
Sheriee Willis	100H

2006 (5)

Ciji Canady	200m, 4x100m
Adaku Ezeonwuka	4x100m
Natasha O'Connor	4x100m
Denice Vance	4x100m
Sheriee Willis	100mH, 400mH

2005 (5)

Ciji Canady	4x100m, 4x400m
Natasha O'Connor	4x100m, 4x400m
Ashley Taylor	4x100m, 4x400m
Princess Thomas	4x400m
Sheriee Willis	100H, 4x100m

2004 (6)

Dawn Arnold	4x400m
Jenn Feenstra	3,000m SC
Natasha O'Connor	4x400m
Kristin Pace	High Jump
Ashley Taylor	4x400m
Princess Thomas	4x400m

2003 (7)

Ciji Canady	4x400m
Zapora Johnson	4x100m
Zanta Marble	200m, 400m, 4x100m, 4x400m
Kristin Pace	High Jump
Tarjatta Rose	100H, 400mH, 4x100m, 4x400m
Alicia Smith	Long Jump, 4x100m
Ashley Taylor	4x400m

MEN'S QUALIFIERS (12)

2009 (1)

Mark Steeds	5,000m
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2008 (2)

Mark Steeds	5,000m
Jacob English	Triple Jump

2007 (1)

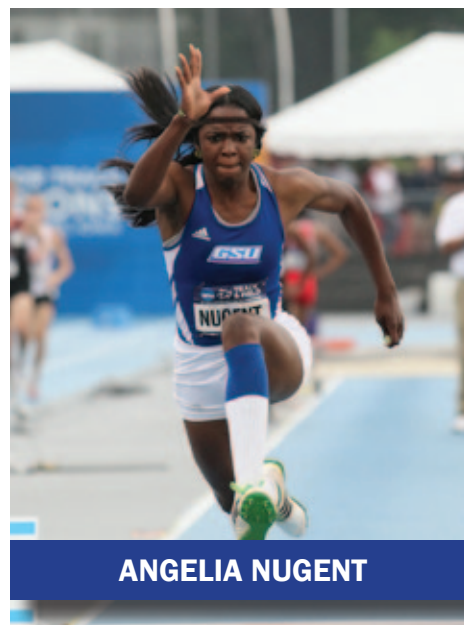
Mark Steeds	5,000m
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2005 (1)

Matt McMaster	1,500m
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2003 (7)

Bryant Mark	200m, 400m
Paul Rickard	5,000m
Kendall Crear	4x400m
Antwon Willis	4x400m
Thomas Aseff	4x400m
Bryant Mark	4x400m



ANGELIA NUGENT

Individual Conference Champions

TOTAL CONFERENCE CHAMPIONS

Women 51 Men 12

CAA CHAMPIONS (2005-12)

Women 32 Men 2

A-SUN CHAMPIONS (2001-04)

Women 12 Men 7

TAAC CHAMPIONS (1997-2000)

Women 7 Men 3

MEN (12)

200M

Bryant Mark 2003 A-SUN

400M

Bryant Mark 2003 A-SUN

800M

Tee Mott 2002 A-SUN
Tee Mott 2001 A-SUN

1,500M

Mark Steeds 2008 CAA
Matt McMaster 2005 A-SUN
Tee Mott 2001 TAAC
Tee Mott 1998 TAAC
Andrew Letherby 1997 TAAC

5,000M

Paul Rickard 2003 A-SUN

4X400M RELAY

K. Crear, A. Willis, T. Aseff, Mark 2003 A-SUN

TRIPLE JUMP

Jacob English 2008 CAA

WOMEN (51)

100M

Kendra LaFleur 2010 CAA

200M

Zanta Marble 2002 A-SUN

400M

Brandy Swann 2009 CAA
Nicole Davis 2008 CAA
Zanta Marble 2004 A-SUN
Zanta Marble 2003 A-SUN
Zanta Marble 2001 TAAC

800M

Tamika Kinchen 2010 CAA
Tamika Kinchen 2009 CAA
Denisha Bryant 2007 CAA

1,500M

Tamika Kinchen 2010 CAA

WOMEN (CONT.)

3,000M

Jennifer Feenstra 2001 TAAC
Sarah Howard 2000 TAAC
Sarah Howard 1998 TAAC
Sarah Howard 1997 TAAC

3,000M STEEPLECHASE

Katharine Showalter 2012 CAA
Jennifer Feenstra 2004 A-SUN

5,000M

Caitlin Price 2008 CAA
Jennifer Feenstra 2001 TAAC
Sarah Howard 2000 TAAC

10,000M

Jennifer Feenstra 2008 CAA
Jennifer Feenstra 2004 A-SUN

100M HURDLES

Tamara Moore 2012 CAA
Tamara Moore 2011 CAA
Sheriee Willis 2006 CAA

400M HURDLES

Tamara Moore 2012 CAA
Danielle Hill 2011 CAA
Jasmine Johnson 2009 CAA
Sheriee Willis 2006 CAA
Tarjatta Rose 2003 A-SUN
Tarjatta Rose 2002 A-SUN

4X100M RELAY

T. Colbert, T. Colbert, G. Brooks, W. Brewer **2013** **Sun Belt**
K. Davis, K. LaFleur, A. Nugent, B. Tyson 2009 CAA
A. Ezeonwuka, D. Vance, K. LaFleur, C. Lawson 2008 CAA
K. LaFleur, A. Ezeonwuka, P. Bailey, D. Vance 2007 CAA
J. Johnson, Z. Marble, A. Smith, Rose 2003 A-SUN

4X400M RELAY

K. Davis, B. Swann, L. Dopson, A. Nugent 2009 CAA
L. Derrico, K. Davis, C. Lawson, D. Arnold 2008 CAA
L. Derrico, D. Bryant, K. Davis, D. Arnold 2007 CAA
Z. Marble, A. Taylor, S. Willis, P. Bailey 2004 A-SUN
Rose, C. Canady, A. Taylor, Z. Marble 2003 A-SUN

TRIPLE JUMP

Angelia Nugent 2012 CAA
Angelia Nugent 2011 CAA
Betsey Lewis 2005 CAA

LONG JUMP

Angelia Nugent 2011 CAA

HIGH JUMP

Shaquita Young 2011 CAA
Kristen Pace 2004 A-SUN
Kristen Pace 2003 A-SUN

DISCUS

Yolanda Berryhill 2011 CAA
Yolanda Berryhill 2008 CAA

SHOT PUT

Yolanda Berryhill 2011 CAA

All-Conference Individuals

MEN (38)

2011 CAA (1)	
Kasey Rollins	110m Hurdles
2009 CAA (2)	
Joe DeVito	800m
Mark Steeds	1,500m
2008 CAA (4)	
Zaven O'Bryant	800m
Mark Steeds	1,500m
Jacob English	Long Jump
Jacob English	Triple Jump
2007 CAA (2)	
Mark Steeds	1,500m
Jacob English	Triple Jump
2006 CAA (1)	
Mark Steeds	5,000m
2005 A-SUN (5)	
Eric Robinson	400m
Matt McMaster	800m
Matt McMaster	1,500m
Matt Cameron	Steeplechase
Jacob English	Triple Jump
2004 A-SUN (2)	
Matt Cameron	Steeplechase
Nick Miller	5,000m
2003 A-SUN (5)	
Bryant Mark	200m
Bryant Mark	400m
Paul Rickard	5,000m
Kenneth Martin	10,000m
Crear, Willis, Aseff, Mark	4x400m
2002 A-SUN (4)	
Tee Mott	800m
Matt McMaster	1,500m
Giovanni Gentiluomo	5,000m
Paul Rickard	5,000m
2001 A-SUN (7)	
Matt McMaster	800m
Tee Mott	800m
Matt McMaster	1,500m
Tee Mott	1,500m
Andrew Campbell	5,000m
Matt Oates	Steeplechase
Matt Barile	10,000m
1999 TAAC (1)	
Steve Wright	Long Jump
1998 TAAC (2)	
Tee Mott	1,500m
Steve Wright	Long Jump
1997 TAAC (2)	
Andrew Letherby	1,500m
Jeff Clayton	5,000m

WOMEN (105)

2013 SUN BELT (5)	
Colbert, Colbert, Brooks, Brewer	4x100m
Colbert, Brewer, Colbert, Brooks	4x400m
Wande Brewer	100m
Niamh Kearney	1,500m
2012 CAA (10)	
Charlesha Lightborne	100m
Katharine Showalter	1,500m
Katharine Showalter	Steeplechase
Tamara Moore	100m Hurdles
Tamara Moore	400m Hurdles
Leah Norman	400m Hurdles
Gabby Brooks	Long Jump
Angelia Nugent	Triple Jump
Chan Harris	High Jump
Colbert, Moore, Brooks, Lightborne	4x400m
2011 CAA (11)	
Tamara Moore	100m Hurdles
Danielle Hill	400m Hurdles
Shaquita Young	High Jump
Angelia Nugent	Long Jump
Angelia Nugent	Triple Jump
Yolanda Berryhill	Discus
Yolanda Berryhill	Shot Put
Katharine Showalter	Steeplechase
Jacia Montgomery	Heptathlon
Nugent, Swann, Dent, Hill	4x400m
Brandy Swann	400m
2010 CAA (9)	
Kendra LaFleur	100m
Kendra LaFleur	200m
Tamika Kinchen	800m
Tamika Kinchen	1,500m
Janel Blancett	5,000m
Danielle Hill	400m Hurdles
Katharine Showalter	Steeplechase
Yolanda Berryhill	Discus
Nugent, Swann, Kinchen, Hill	4x400m
2009 CAA (8)	
Kendra LaFleur	100m
Brandy Swann	400m
Tamika Kinchen	800m
Tamika Kinchen	1,500m
Jasmine Johnson	100m Hurdles
Jasmine Johnson	400m Hurdles
Davis, LaFleur, Nugent, Tyson	4x100m
Davis, Swann, Dopson, Nugent	4x400m
2008 CAA (7)	
Nicole Davis	400m
Denice Vance	200m
Caitlin Price	5,000m
Rachel Hannah	5,000m
Yolanda Berryhill	Discus
Ezeonwuka, Vance, LaFleur, Lawson	4x100m
Derrico, Davis, Lawson, Arnold	4x400m
2007 CAA (10)	
Denice Vance	100m
Adaku Ezeonwuka	100m
Denice Vance	200m
Denisha Bryant	800m
Caitlin Price	1,500m
Rachel Hannah	5,000m

Ashantia Harris	100m Hurdles
Sheriee Willis	100m Hurdles
LaFleur, Ezeonwuka, Bailey, Vance	4x100m
Derrico, Bryant, Davis, Arnold	4x400m
2006 CAA (4)	
Adaku Ezeonwuka	100m
Sheriee Willis	100m Hurdles
Sheriee Willis	400m Hurdles
O'Connor, Dopson, Derrico, Bryant	4x400m
2005 A-SUN (5)	
Ashley Taylor	400m
Jennifer Feenstra	5,000m
Jennifer Feenstra	10,000m
Sheriee Willis	100m Hurdles
Betsy Lewis	Triple Jump
2004 A-SUN (9)	
Zanta Marble	200m
Ashley Taylor	200m
Zanta Marble	400m
Princess Thomas	400m
Jennifer Feenstra	Steeplechase
Nigisti Negussie	5,000m
Jennifer Feenstra	10,000m
Kristen Pace	High Jump
Marble, Taylor, Willis, Bailey	4x400m
2003 A-SUN (9)	
Zanta Marble	400m
Andrea Smith	Steeplechase
Nigisti Negussie	5,000m
Andrea Smith	5,000m
Tarjatta Rose	100m Hurdles
Tarjatta Rose	400m Hurdles
Alicia Smith	Long Jump
Kristen Pace	High Jump
Rose, Canady, Taylor, Marble	4x400m
2002 A-SUN (6)	
Zanta Marble	200m
Nigisti Negussie	3,000m
Nigisti Negussie	5,000m
Tarjatta Rose	100m Hurdles
Tarjatta Rose	400m Hurdles
Johnson, Marble, Smith, Rose	4x100m
2001 A-SUN (4)	
Zanta Marble	200m
Zanta Marble	400m
Jenn Feenstra	3,000m
Jenn Feenstra	5,000m
2000 TAAC (3)	
Sarah Howard	3,000m
Sarah Howard	5,000m
Brittanie Hughes	5,000m
1999 TAAC (3)	
Sarah Howard	3,000m
Sarah Howard	5,000m
Brittanie Hughes	5,000m
1998 TAAC (1)	
Sarah Howard	3,000m
1997 TAAC (1)	
Sarah Howard	3,000m

All-Time Women's Roster

A

Elsje Alexander	2002-04
LaCrisha Allen	2005-06
LaMisha Allen	2005-06
Ellyce Anderson	2008-09
Zanny Anderson	2008-12
Edith Anenih	2005-07
Andrea Anom	2007
Dawn Arnold	2004-07

B

Porscha Bailey	2004-07
Laura Beamer	2007
Briana Beck	2005-07
Yolanda Berryhill	2008-11
Alison Bishop	2009-13
Brittany Black	2007
Katie Blaising	2004
Janel Blancett	2006-09
Wande Brewer	2011-
Gabby Brooks	2010-13
Denisha Bryant	2005-07
Lauren Burke	2002-04

C

Ciji Canady	2003-06
Abby Carney	2008-10
Brandie Carter	1996-97
Talia Colbert	2011-
Tatiana Colbert	2011-
Hayley Conger	2006
Delicia Crawford	2011
Soncerea Crowder	2011

D

Crystal Davis	2010
Kendra Davis	2006-09
Nicole Davis	2005-09
Talena Davis	2006-05
Lavina Dent	2009-11
Ladrica Derrico	2005-07
Alanah Dillard	2008
Sarah Dooley	1999
Latorya Dopson	2005-09

E

Adaku Ezeonwuka	2004-07
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F

Jenn Feenstra	2000-04
Olivia Fisher	2011
Danielle Fleming	2003-04
Hayley Freeman	2000-03
Amy French	2007-10
Alex Friel	2004-07
Amanda Fuller	2002
Ifuela Fuller	1998-2000

G

Charon Gaskins	2002-04
Ravin Gilbert	2013
Marquita Goings	2005-06
Jane Graves	2000-03

H

Beth Hall	1996-99
Rebecca Hallam	2007-09
Madison Halls	2010
Rhondalynn Hamilton	2005-07

Rachel Hannah	2004-07
Ashantia Harris	2006-07
Laurie Harris	1998-2001
Chan Harris	2010
Kesean Henderson	2010-13
Sydney Henry	2010-13
Danielle Hill	2010-11
Jenna Hoffman	1996-99
Brittany Holland	2003-06
Kelsye Holt	2010-11
Kacee Houle	2010-12
Sarah Howard	1996-99
Kim Hoyle	1996
Stephanie Huber	2002-04
Brittanie Hughes	1998-2001
Maya Humphrey	2002

J

Latricia Jackson	2011
Nicola James	2005-07
Jennifer Jeboda	2010
Catie Jensen	2007-09
Christina John	2010, 13
Alexandra Johnson	2013-
Jasmine Johnson	2008
Jodie Johnson	1990
Zapora Johnson	2002-04
Jenny Jones	1998-2001

K

Niamh Kearney	2012-
Sara Keel	2000
Tamika Kinchen	2009-10
Tamika Kinchen	2009
Ashley King	2004-07

L

Kendra LaFleur	2007-10
Cherell Lawson	2007-10
Charlesha Lightbourne	2011-12
Brittany Long	2011
Jasmine Love	2010
Faith Lucus	2008-09

M

Zanta Marble	2001-04
Shay Marks	2008-10
Tiffany McCall	2000-01
Sarah McCarthy	2012-
Jazmine McRae	2001-04
Angela Miller	2001-04
Caroline Miller	2008-09
Danyel Mitchell	2010-12
Kalera Mitchell	2005-03
Aniya Moore	2012-
Tamara Moore	2010-
Jacia Montgomery	2008-11
Denise Myers	2013

N

Nigiste Negussie	2000-03
Leah Norman	2010-12
Mandy Nowosielski	1999-2000
Angelia Nugent	2009-12

O

Jaqueline Obi	2013
Natasha O'Connor	2003-06

P

Kristen Pace	2001-04
Katie Papesh	2010-
Micki Pearson	2002
Rebecca Pedrick	2004-05
Barbara Phelan	2004-05
Laurie Phelan	1996-99
Stephanie Poore	2006-08
Lauren Postma	2007-10
Caitlin Price	2006-10
Shelly Price	1994-97

R

Kim Ramos	1998-2000
Kelle' Ransom	2009
Carresa Reeves	2012-
Brittany Rhea	2009-11
Mandy Roberts	1998-2000
Karen Robinson	2005-07
Andrea Rodriguez	2008-12
Alexandria Rozefort	2005-07
Jennifer Rubel	2010-

S

Keri Scroggins	1994-96
Karena Shell	2006
Katharine Showalter	2009-
Anna Sinclair	2010-
Andrea Smith	2002-05
Kayla Smith	2006-09
Rikola Smith	2010
Emilie Somerville	2007-10
Kelsey Spinks	2008-13
Liz Stanford	2003-06
Maurisia Stansil	2007
Hannah Stefanoff	2012-
Megan Stewart	2005, 2008
Ariel Sutton	2004-07
Brandy Swann	2009-12

T

Meghan Takacs	2009-10
India Tate	2008
Ashley Taylor	2002-05
Cameron Taylor	2010
Ashley Thomas	2006-04
Princess Thomas	2005-02
Judy Thomasson	2002
Lauren Towers	2009-10
Bianca Tyson	2008-10

V

Denice Vance	2004-07
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W

Janel Wheeler	2005-07
Amber White	2010
Chastity Williams	2005-09
Kissa Williams	2013
Shania Williams	2007-10
Shannon Williams	2007-10
Whitney Winters	2008
Sheriee Willis	2004-07

Y

Shaquita Young	2011
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Current Student-Athletes in Bold

All-Time Men's Roster

A

Calvin Addison	2007-2009
Carlton Addison	2009
Yibetal Arega	2005-06
Thomas Aseff	2001-02

B

Femi Bab-Oke	2011
Matt Barile	1999-2000
Brandon Black	2011-12
Julian Black	2011-12
Jesse Blanton	1996-97
Chris Brannon	2006-10
Ben Brantly	2003-05
Barry Britt	2008
Scott Brooks	1998
Raymond Brown	2009-10

C

Matt Cameron	2002-05
Andrew Campbell	1999-2004
Min Cha	1998-00
Tyler Champagne	2011
David Chapman	2007-09
Jeff Clayton	1994-97
Jeremy Cook	1994-97
Kendall Crear	2001-03

D

Michael Dampier	2011
Phil Davis	2004-06
Joe DeVito	2009
Nate dos Santos	2009

E

Spencer Edwards	1996-97
Jacob English	2005-08
Warren Enriquez	2010

G

Alex Gainous	2011-12
Carlos Galindo	2010, 13
Giovanni Gentiluomo	1998-2001
Saam Ghiaasiaan	2001-04
Jerad Godsave	2005
Matthew Griffin	1998

H

Ja'Metreus Hamilton	2011-12
Chris Harper	2008-12
Jake Harris	2005-06
Torrey Harris	2010
Wes Hutcherson	2001, 05-04
Loris Hutterli	2005-09

J

Marsalis Jackson	2013
Jamel Jenkins	2010
Robin Ji	2013
Rashaan Johnson	2010

K

Shyam Kapadia	2010-11
Stephen Kerry	2002-03
John Kirchner	2000-01

L

Brian LaBudde	1995-98
Brian Langman	2003-05
LaSalle Ledlum	2011-12
Andrew Letherby	1994-97
Stuart Lyall	1995

M

Chris Manning	2011-12
Kenneth Martin	1998-2001
Kevin Matthews	2005
Matt McMaster	2000-03
Adam Menzies	2003
Chris Miles	2011-12
Nicholas Miller	2003-07
Matt Miro	2003-06
Armadeep Misha	1998, 2000
Jay Morrill	2004-05, 07
Tee Mott	1998-2001

N

Lawrence Nicholson	2010
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O

Matt Oates	1998-2000
Zaven O'Bryant	2006-08
Lachlan Oliver	2001

P

Wayne Parker	2013
Jonathan Peters	2003
Jonathan Peters	2003
Josh Pinson	2008-09
Valentin Poncelet	2012-13

R

Steve Rankin	2005-06
David Rath	2000-03
Brett Richardson	2008
Paul Rickard	2001-04
Chris Richards	1996-2000
Eric Robinson	2004-07
Herman Robinson	2003-2006
Kasey Rollins	2011-12

S

Mohammad Sheidu	2003-05
Jimmy Sinkoski	1996-97
Nick Stavropoulos	1998-2000
Mark Steeds	2005-08
Corey Smith	2011-12
Rabah Syed	2005-08

T

Seth Tomy	2009-10
Tyler Tomy	2010-13

V

Nam Vu	2005-07
Chris Vanderkleed	2011

W

Chris Walker	2002-04
Nelson Walker	2005-09
Tony Walsh	2001-03
Karl Williams	2009
Jeremy Williams	2004-06
Matt Wilpers	2002-03, 05
Antwon Willis	2005-03
Drew Woods	2004
Tim Wood	2003-06

Current Student-Athletes in Bold

Women's Indoor Performance List

Name Meet Year Mark

55M

Adaku Ezeonwuka	VTC	2007	6.99
Adaku Ezeonwuka	VTLC	2007	7.03
Denise Vance	VTLC	2007	7.05
Olivia Fisher	MO	2011	7.11
Tamara Moore	SBC	2013	7.14

60M

Sheriee Willis	CLI	2005	7.35
Porsha Bailey	LI	2005	7.40
Kendra Davis	NYFT	2009	7.55
Kendra Davis	VTC	2009	7.55
Adaku Ezeonwuka	VT	2007	7.59
Kendra Davis	TPI	2009	7.59

200M

Denice Vance	VTC	2007	24.36
Denice Vance	VTLC	2007	24.37
Kendra Davis	NYFT	2009	24.54
Natasha O'Connor	UNC	2005	24.60
Denice Vance	VTC	2007	24.64
Adaku Ezeonwuka	CCC	2007	24.64

300M

Denise Vance	VAT	2006	39.70
Kendra Davis	CG	2009	40.04
Angelia Nugent	CI	2011	40.67
Nicole Davis	VTC	2007	40.79
Adaku Ezeonwuka	VAT	2006	40.91

400M

Ashley Taylor	TYI	2005	55.02
Ashley Taylor	RMM	2005	55.91
Angelia Nugent	NBI	2010	55.92
Dawn Arnold	VTLC	2007	56.29
Angelia Nugent	NBI	2011	56.46

500M

Brandy Swann	NBI	2011	1:13.13
Brandy Swann	PSI	2011	1:13.82
Brandy Swann	OPC	2011	1:16.60
Talia Colbert	OPWC	2013	1:16.30
Nicole Davis	CG	2009	1:16.90

600M

Latorya Dopson	VTC	2007	1:37.76
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800M

Tamika Kinchen	AWI	2009	2:07.56
Tamika Kinchen	NYFT	2009	2:08.19
Denisha Bryant	RMI	2008	2:09.47
Tamika Kinchen	VTC	2009	2:09.52
Denisha Bryant	VTC	2007	2:12.85

1,000M

Tamika Kinchen	CG	2009	2:57.49
Niamh Kearney	OPWC	2013	2:58.16
Tamika Kinchen	NBI	2010	2:59.26
Niamh Kearney	OPWC	2012	3:03.44
Danyel Mitchell	OPWC	2012	3:03.84

Name Meet Year Mark

1,500M

Lauren Burke	SI	2003	5:38.36
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MILE

K. Showalter	VT	2013	4:59.62
Janel Blancett	TPC	2010	4:59.82
Janel Blancett	VTC	2009	5:01.54
K. Showalter	MTSU	2013	5:02.20
Niamh Kearney	SAM	2013	5:03.35

3,000M

Jennifer Feenstra	NBI	2005	9:41.06
Jennifer Feenstra	UNC	2005	9:47.92
Janel Blancett	NI	2009	10:02.51
Rebecca Hallam	VTC	2007	10:04.72
Rebecca Hallam	VTC	2009	10:05.05

5,000M

K. Showalter	SAM	2013	16:51.35
Jennifer Feenstra	TYI	2005	17:03.40
K. Showalter	ETSU	2013	17:41.32
Janel Blancett	ETSU	2010	17:47.14
Jennifer Rubel	SAM	2013	17:48.56

55M HURDLES

Sheriee Willis	VTC	2007	8.00
Tamara Moore	SBC	2013	8.10
Ashantia Harris	VTC	2007	8.19
Tarjatta Rose	ETSU	2003	8.19
Ashantia Harris	CCC	2007	8.20

60M HURDLES

Sheriee Willis	CLI	2005	8.23
Sheriee Willis	ECAC	2006	8.47
Sheriee Willis	VAT	2006	8.50
Tamara Moore	OPWC	2013	8.54
Sheriee Willis	SSI	2006	8.56

4X200M RELAY

Colbert, Dent, Colbert, Brooks	NBI	2011	1:43.85
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4X400M RELAY

GSU A	TYI	2005	3:44.67
GSU A	RMM	2005	3:45.52
GSU A	RMI	2008	3:46.57
GSU A	ETSU	2004	3:46.60
GSU A	VAT	2004	3:46.66

4,000M DISTANCE MEDLEY RELAY

Kinchen, Nugent, Swann, Blancett		2010	11:48.47
Stefanoff, Williams, Showalter, Sinclair	SAM	2013	12:20.89
Blancett, Smith, Hallam, Hannah	TPI	2009	12:24.77
Stefanoff, Brewer, Showalter, Kearney	SBC	2013	12:25.07
Stefanoff, Kearney, Swann Showalter	UAB	2012	12:27.38

Name Meet Year Mark

LONG JUMP

Tatiana Colbert	VUL	2012	5.93m
Gabby Brooks	ETSU	2013	5.69m
K. Randolph	ETSU	2013	5.64m
Gabby Brooks	NBI	2011	5.61m
Alex. Roze'fort	VTC	2008	5.58m

TRIPLE JUMP

Angelia Nugent	PSI	2011	12.24m
Angelia Nugent	NYFT	2009	12.18m
Angelia Nugent	NBI	2010	12.13m
Angelia Nugent	NYFT	2011	12.02m
Angelia Nugent	CI	2009	11.87m

HIGH JUMP

Kristen Pace	THC	2004	1.84m
Kristen Pace	ETSU	2004	1.81m
Kristen Pace	Clemson	2004	1.73m
Shaquita Young	TPI	2011	1.70m
Shaquita Young	PSNI	2011	1.65m

SHOT PUT

Yolanda Berryhill	MO	2011	13.70m
Yolanda Berryhill	NBI	2010	13.51m
Yolanda Berryhill	CI	2011	13.37m
Chastity Williams	RMM	2006	12.88m
Chastity Williams	NFI	2008	12.65m

WEIGHT THROW

K. Henderson	SAM	2013	15.56m
K. Henderson	MTSU	2013	15.28m
K. Henderson	ETSU	2013	15.09m
K. Henderson	SBC	2013	15.06m
K. Henderson	UAB	2013	15.03m

POLE VAULT

Karena Shell	NI	2006	3.20m
Karena Shell	RMM	2006	3.20m
Karena Shell	VAT	2006	3.05m

PENTATHLON

Aniya Moore	OPWC	2013	3,210 pts.
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ZANTA MARBLE

Men's Indoor Performance List

Name	Meet	Year	Mark
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55M

Alex Gainous	SEW	2012	6.69
Femi Bab-Oke	MO	2011	6.75
Corey Smith	SEW	2012	6.76
Alex Gainous	MO	2011	6.79
Kacey Rollins	SEW	2012	6.84

60M

Chris Miles	VUL	2012	7.02
Chris Miles	BIRM	2012	7.05
Marsalis Jackson	ETSU	2013	7.09
Alex Gainous	TPI	2011	7.10
Wayne Parker	ETSU	2013	7.11

200M

Eric Robinson	RMI	2007	22.53
Eric Robinson	VTC	2006	22.60
Eric Robinson	VTC	2007	22.79
Eric Robinson	NFI	2007	22.86
Eric Robinson	RMM	2006	22.91
Alex Gainous	VUL	2012	22.91

300M

Eric Robinson	VTC	2006	35.79
Eric Robinson	VTC	2007	36.09
Calvin Addison	CG	2009	36.56
Nam Vu	VTC	2006	37.44
Jacob English	VTC	2007	37.60

400M

Eric Robinson	RMI	2007	50.27
Eric Robinson	VTC	2007	51.17
Eric Robinson	VTC	2006	51.30
Eric Robinson	ETSU	2005	51.65
Eric Robinson	NFI	2007	51.83

500M

Rashaan Johnson	TPC	2010	1:08.77
Seth Tomy	CI	2011	1:09.52
Jamel Jenkins	TPC	2010	1:09.88
Seth Tomy	TPC	2010	1:10.99
Patrick Kelley	OPC	2011	1:12.02

800M

Zaven O'Bryant	NI	2009	1:55.86
Chris Harper	VUL	2012	1:57.07
Zaven O'Bryant	TPI	2009	1:56.72
Joe DeVito	CTI	2009	1:58.78
Joe DeVito	TPI	2009	1:59.01

1,000M

Valentin Poncelet	OPWC	2012	2:38.97
Michael Dampier	TPI	2011	2:43.78
Dominique Wilson	OPWC	2012	2:46.40
Chris Vanderkleed	OPWC	2012	2:53.59

MILE

Zaven O'Bryant	Meyo	2008	4:11.36
Matt McMaster	NBCI	2005	4:13.73
Zaven O'Bryant	VTC	2008	4:14.40
Matt McMaster	RMM	2005	4:15.36
Matt McMaster	NFI	2005	4:16.18

Name	Meet	Year	Mark
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3,000M

Mark Steeds	AWI	2009	8:03.25
Mark Steeds	Meyo	2008	8:05.94
Mark Steeds	VTC	2009	8:10.12
Valentin Poncelet	VUL	2012	8:15.26
Mark Steeds	NFI	2007	8:18.99

5,000M

Mark Steeds	VTC	2008	14:25.44
Valentin Poncelet	SBC	2013	15:08.49
Valentin Poncelet	SAM	2013	15:09.77
Brett Richardson	VTC	2009	15:21.35
Carlos Galindo	SBC	2013	15:28.62

55M HURDLES

Kacey Rollins	SEW	2012	7.66
Kacey Rollins	SEW	2012	7.85
LaSalle Ledlum	MO	2011	8.47

60M HURDLES

Kacey Rollins	OPC	2011	8.35
Kacey Rollins	VUL	2012	8.35
Kacey Rollins	VUL	2012	8.40
Kacey Rollins	TPI	2011	8.43
Kacey Rollins	BIRM	2012	8.45

LONG JUMP

Jacob English	CI	2008	7.03m
Jacob English	VTC	2008	6.99m
Jacob English	NFI	2008	6.65m
Jacob English	RMI	2008	6.55m
Jacob English	VTC	2006	6.35m

TRIPLE JUMP

Jacob English	NFI	2008	14.99m
Jacob English	CO	2008	14.84m
Jacob English	RMM	2006	14.79m
Jacob English	RMI	2008	14.75m

4X400M RELAY

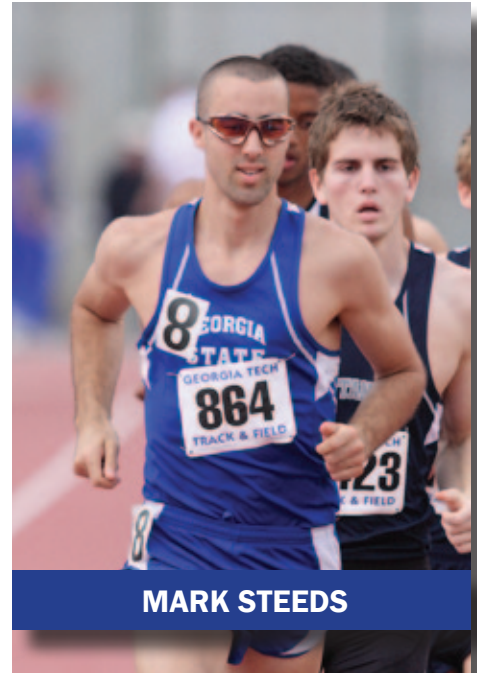
GSU A	VUL	2012	3:32.85
GSU A	ETSU	2010	3:33.73
GSU A	CIO	2005	3:35.06
GSU A	BIRM	2012	3:36.17
GSU A	OPWC	2012	3:38.13

DISTANCE MEDLEY RELAY

GSU A	UAB	2012	11:02.72
GSU A	ETSU	2005	11:32.80

SHOT PUT

Robin Ji	MTSU	2013	11.66m
Robin Ji	OPWC	2013	11.44m
Robin Ji	SAM	2013	10.86m
Will Walker	MTSU	2013	10.36m
Will Walker	OPWC	2013	8.80m



MARK STEEDS



JACOB ENGLISH

Women's Outdoor Performance List

Name	Meet	Year	Mark	Name	Meet	Year	Mark	Name	Meet	Year	Mark
100M				100M HURDLES				LONG JUMP			
Kendra LaFleur	AUB	2010	11.46	Tamara Moore	ACI	2011	13.50	Alex. Rozefort	AI	2007	6.07m
Kendra Davis	UGA	2008	11.60	Tamara Moore	NCAA	2012	13.52	Angelia Nugent	CAA	2011	6.06m
Kendra Davis	GTI	2009	11.63	Tamara Moore	WAR	2012	13.55	Gabby Brooks	CAA	2012	5.99m
Kendra LaFleur	CAA	2010	11.67	Tamara Moore	YJI	2012	13.56	Angelia Nugent	CAA	2012	5.92m
Denise Vance	NCAA	2007	11.74	Tamara Moore	CAA	2012	13.58	Mia Adams	CAA	2012	5.85m
200M				400M HURDLES				TRIPLE JUMP			
Denise Vance	CAA	2007	23.54	Danielle Hill	CAA	2011	58.90	Angelia Nugent	NCAA	2012	13.00m
Kendra LaFleur	CAA	2010	23.74	Tamara Moore	CAA	2012	1:00.12	Angelia Nugent	NCAA	2011	12.77m
Charl. Lightbourne	WAR	2012	23.80	Danielle Hill	CAA	2010	1:00.43	Angelia Nugent	CTQ	2011	12.70m
Charl. Lightbourne	YJI	2012	23.87	Danielle Hill	CAA	2011	1:00.52	Angelia Nugent	CAA	2012	12.54m
Ciji Canady	UGA	2006	23.92	Leah Norman	CAA	2012	1:00.53	Angelia Nugent	NCAA N	2011	12.42m
400M				4X100M RELAY				SHOT PUT			
Zanta Marble	Emory	2002	54.27	GSU A	CAA	2007	45.07	Yolanda Berryhill	CAA	2011	13.94m
Zanta Marble	SAM	2002	54.36	GSU A	GTI	2007	45.42	Yolanda Berryhill	WAR	2011	13.76m
Brandy Swann	CTQ	2011	54.60	GSU A	SBC	2013	45.52	Yolanda Berryhill	GofH	2011	13.59m
Nicole Davis	GTI	2007	54.78	GSU A	YJ	2005	45.66	Yolanda Berryhill	MO	2011	13.49m
Brandy Swann	CAA	2009	54.79	GSU A	AI	2007	45.75	Chastity Williams	CAA	2009	13.14m
800M				4X200M RELAY				HAMMER THROW			
Tamika Kinchen	GTI	2010	2:05.78	GSU A	Penn	2006	1:36.98	Yolanda Berryhill	JSU	2010	49.89m
Tamika Kinchen	NCAA	2010	2:05.78	GSU A	WAR	2012	1:37.49	Yolanda Berryhill	CAA	2011	49.69m
Tamika Kinchen	NCAA	2010	2:05.87	GSU A	PFR	2009	1:37.64	Yolanda Berryhill	GI	2011	47.37m
Tamika Kinchen	GTI	2009	2:06.36	GSU A	Penn	2007	1:37.82	Yolanda Berryhill	MO	2011	47.03m
Tamika Kinchen	NCAAR	2009	2:08.62	GSU A	PR	2009	1:37.90	K. Henderson	SBC	2013	46.51m
1,500M				4X400M RELAY				DISCUS			
Tamika Kinchen	CAA	2010	4:25.47	GSU A	GTI	2005	3:37.90	Yolanda Berryhill	CAA	2011	48.78m
Tamika Kinchen	CAA	2009	4:27.02	GSU A	Penn	2004	3:38.78	Yolanda Berryhill	UGA	2010	48.62m
Tamika Kinchen	AUB	2010	4:29.15	GSU A	NCAA	2004	3:39.76	Yolanda Berryhill	WAR	2011	47.16m
Niamh Kearney	WAR	2013	4:29.16	GSU A	GR	2007	3:40.22	Yolanda Berryhill	YJI	2011	46.78m
Janel Blancett	GT	2010	4:30.75	GSU A	A-SUN	2005	3:40.98	Yolanda Berryhill	GTI	2010	46.75m
3,000M				4X800M RELAY				JAVELIN			
Caitlin Price	FSUI	2008	9:48.13	GSU A	CCU	2010	9:15.50	Jacia Montgomery	CAA	2009	30.86m
Janel Blancett	CCU	2010	9:48.17	GSU A	GI	2011	9:27.16	Jacia Montgomery	CAA	2011	29.65m
Rachel Hannah	FSUI	2008	9:50.63	GSU A	JJR	2009	9:33.87	Aniya Moore	WAR	2013	29.28m
Jennifer Feenstra	49C	2005	9:52.47	GSU B	GI	2011	9:58.44	Jacia Montgomery	MO	2011	28.32m
Caitlin Price	Penn	2007	9:59.18	800M SPRINT MEDLEY				Jacia Montgomery	Goth	2011	27.15m
3,000M STEEPLECHASE				GSU A	GR	2007	1:46.65	HEPTATHLON			
Jenn Feenstra		2001	10:24.87	1,600M SPRINT MEDLEY				Jacia Montgomery	CAA	2011	4,530pts
Kath. Showalter	CAA	2012	10:49.58	GSU A	PR	2009	3:48.66	Aniya Moore	SBC	2013	4,387pts
Kath. Showalter	WAR	2012	10:50.25	GSU A	PFR	2009	3:50.79	Jacia Montgomery	Emory	2011	4,163pts
Kath. Showalter	YJI	2012	10:51.31	GSU A	FR	2007	3:57.37	Jacia Montgomery	MORE	2011	1,072pts
Kath. Showalter	GTI	2010	10:52.48	GSU A	Penn	2006	4:06.31	Jacia Montgomery	MR	2009	4,039pts
5,000M				DISTANCE MEDLEY RELAY							
Janel Blancett	PR	2009	16:34.39	GSU A	UAB	2012	12:27.38				
Janel Blancett	GTI	2010	16:34.93	HIGH JUMP							
Janel Blancett	ORE	2010	16:44.65	Kristen Pace	OP	2004	1.83m				
Janel Blancett	CAA	2009	16:49.44	Shaquita Young	GofH	2011	1.75m				
Caitlin Price	CAA	2008	16:50.28	Kristen Pace	YJ	2004	1.73m				
10,000M				Shaquita Young	MO	2011	1.73m				
Jennifer Feenstra	Raleigh	2004	35:51.13	Shaquita Young	GI	2011	1.73m				
Jennifer Feenstra	A-SUN	2005	36:48.12								
Jennifer Feenstra	A-SUN	2005	36:50.87								
Jennifer Rubel	CAA	2012	37:16.31								
Hannah Stefanoff	SBC	2013	37:48.13								



JANEL BLANCETT

Men's Outdoor Performance List

Name Meet Year Mark

100M

Chris Miles	MISS	2012	10.63
Royce Toombs		1986	10.66
K. Williams	AUB	2010	10.77
Wayne Parker	UGA	2013	10.78
K. Williams	CAA	2010	10.80

200M

Bryant Mark	A-SUN	2003	21.32
Bryant Mark	Clemson	2003	21.43
Bryant Mark	Ga. Inv.	2003	21.66
Bryant Mark	FR	2003	21.99
Bryant Mark	YJI	2003	22.00
Eric Robinson	SI	2006	22.00

400M

Bryant Mark	A-SUN	2003	47.37
Bryant Mark	Charl.	2003	47.38
Bryant Mark	Ga. Inv.	2003	48.03
Bryant Mark	FR	2003	48.63
Eric Robinson	YJI	2006	49.01

800M

Zaven O'Bryant	GTI	2008	1:51.01
Zaven O'Bryant	GTI	2009	1:51.09
Matt McMaster	GI	2005	1:52.00
Zaven O'Bryant	MT	2009	1:52.52
Zaven O'Bryant	GTI	2007	1:52.64

1,500M

Mark Steeds	OT	2009	3:44.01
Mark Steeds	CAA	2008	3:45.62
Valentin Poncelet	UGA	2012	3:51.93
Valentin Poncelet	INT	2012	3:53.03
Mark Steeds	CAA	2007	3:53.12

3,000M

Mark Steeds	CAA	2008	8:05.94
Mark Steeds	SI	2006	8:30.47
Paul Rickard	Auburn	2002	8:31.24
Nicholas Miller	UNCC	2004	8:35.84
Matt Cameron	49C	2005	8:38.48
Nicholas Miller	49C	2005	8:40.19

3,000M STEEPLECHASE

Matt Oates		2001	9:40.90
Matt Cameron	UNCC	2004	9:43.21
Matt Cameron	A-SUN	2004	9:43.86
Matt Cameron	A-SUN	2005	9:46.19
Tyler Tomy	WAR	2011	9:53.41
Warren Enriquez	CAA	2011	9:54.14

5,000M

Mark Steeds	SUI	2009	13:46.85
Mark Steeds	Stanford	2008	13:52.00
Mark Steeds	PR	2007	13:59.64
Mark Steeds	DI	2007	14:04.98
Mark Steeds	NCAA	2007	14:07.55

Name Meet Year Mark

10,000M

Andrew Letherby		1995	29:52.20
Kenneth Martin	A-SUN	2003	32:18.75
Jeremy Williams	CAA	2006	34:45.13
Chris Walker	A-SUN	2003	35:54.37
Tony Walsh	A-SUN	2002	36:02
Wes Hutcherson	A-SUN	2002	37:17

100 HURDLES

Robbie Short		1986	14.10
Kacey Rollins	WAR	2012	14.65
Kacey Rollins	YJI	2012	14.82
Kacey Rollins	MISS	2012	14.84
Kacey Rollins	CAA	2012	14.86
Kacey Rollins	WAR	2012	14.86

110M HURDLES

Kacey Rollins	CAA	2011	14.73
Kacey Rollins	MO	2011	14.91
Kacey Rollins	CAA	2011	15.05
Kacey Rollins	YJI	2011	15.16
Kacey Rollins	WAR	2011	15.34

400M HURDLES

Robbie Short		1986	55.50
Kendall Crear	A-SUN	2003	58.51
Kacey Rollins	YJI	2012	58.58
Kacey Rollins	CAA	2012	58.93
Kacey Rollins	MISS	2012	59.10
Kacey Rollins	UGA	2012	59.97

4X100M RELAY

Nicholson, Williams, Miles, Jenkins		2010	41.96
GSU A	MO	2011	42.23
GSU A	CAA	2011	42.23
GSU A	GI	2011	42.37
GSU A	AUB	2010	42.43

4X200M RELAY

GSU	UGA	2012	1:29.98
GSU A	CCU	2010	1:30.64
GSU A	JJR	2009	1:34.00

4X400M RELAY

Johnson, Jenkins, Harper, DeVito		2010	3:18.51
GSU A	A-SUN	2003	3:19.16
GSU A	A-SUN	2005	3:19.34
GSUA	Auburn	2002	3:19.63
GSU A	A-SUN	2002	3:20.66
GSU A	A-SUN	2002	3:20.66
GSU A	JSU	2010	3:20.66

4X800M RELAY

GSU A	CCU	2010	7:52.31
GSU A	RR	2005	7:56.86
GSU A	GI	2011	8:03.63
GSU B	GI	2011	8:14.98

Name Meet Year Mark

DISTANCE MEDLEY RELAY

Mott, Campbell, McMaster, Barile		2001	10:06.60
GSU A	FSO	2005	10:50.86

LONG JUMP

Jacob English	CAA	2008	7.16m
Jacob English	FSU	2007	6.87m
Jacob English	CAA	2007	6.84m
Marsalis Jackson	UGA	2013	6.64m
Jake Harris	GR	2007	6.56m

HIGH JUMP

Curt Patton		1984	1.83m
Calvin Addison	GotH	2007	1.85m
Calvin Addison	CAA	2007	1.80m

TRIPLE JUMP

Jacob English	CAA	2008	15.29m
Jacob English	CAA	2007	14.56m
Jacob English	SI	2006	14.55m
Jacob English	A-SUN	2005	14.34m
Jacob English	YJI	2006	14.32m

SHOT PUT

Mac Williams		1968	14.63m
Saam Ghiaasiaan	FR	2003	12.59m
Saam Ghiaasiaan	MR	2005	12.49m
Saam Ghiaasiaan	Samford	2003	10.75m
Saam Ghiaasiaan	A-SUN	2003	10.25m
Seth Tomy	CCU	2010	8.20m

DISCUS

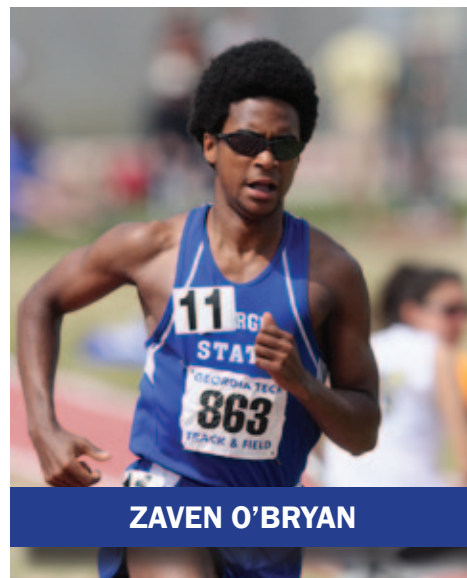
Mac Williams		1968	39.47m
Robin Ji	UGA	2013	37.57m
Saam Ghiaasiaan	Charl.	2003	22.91m

HAMMER

Saam Ghiaasiaan	A-SUN	2003	72-09
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JAVELIN

Louis Payeur		1985	46.94m
Saam Ghiaasiaan	A-SUN	2003	61-06



ZAVEN O'BRYAN