



UCF TRACK AND FIELD RECORD BOOK



2019 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 | Ashley Jocelyn | 53.45 | 2/29/16 |
| 800M | Rosie Chamberlain | 2:05.77 | 2/11/17 |
| 1,000M | Karen Kozub | 2:56.37 | 2/2/07 |
| 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 | Jackie Coward | 8.02 | 3/9/12 |
| 4 x 400 Relay | Brown, Charles, Jean, Scott | 3:34.00 | 3/5/11 |
| 4 x 800 Relay | Claessens, Martinez, Morrow, Giles | 9:46.58 | 1/18/03 |
| Distance Medley | Pauls, Jocelyn, Chamberlain, Blaney | 11:32.85 | 1/15/16 |
| High Jump | Lizzie Harris | 5-10.75 | 3/14/08 |
| Pole Vault | Erica Weiss | 3.72m/12-02.50 | 1/28/12 |
| Long Jump | Sonnisha Williams | 6.32m/20-9 | 2/25/12; 1/22/11 |
| Triple Jump | Dione Thomas | 13.28m/43-7 | 3/7/09 |
| Shot Put | Jhane' Carter | 15.49m/50-9.75 | 2/6/16 |
| Weight Throw | Chelsea Gobourne | 20.56m/67-5.5 | 2/24/17 |
| Pentathlon | Lizzie Harris | 3,653 points | 2/27/08 |

^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 | Aurieyall Scott | 22.46 | 6/22/13 |
| 400M | Afia Charles | 52.49 | 5/12/13 |
| 800M | Rosie Chamberlain | 2:04.19 | 4/14/17 |
| 1,500M | Anne-Marie Blaney | 4:21.64 | 4/1/17 |
| 3,000M | Kalleigh Forrester | 10:08.93 | 4/28/17 |
| 5,000M | Anne-Marie Blaney | 15:43.61 | 4/14/17 |
| 10,000M | Anne-Marie Blaney | 33:18.81 | 4/22/17 |
| 100H | Jackie Coward | 12.81 | 6/7/12 |
| 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 | Jean, Nieuwendam, Henry, Jocelyn | 3:32.22 | 5/30/15 |
| 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 | Farley, Coward, Wimberly, Bolling | 53.83 | 4/29/11 |
| 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 | Dionne Thomas | 43-05.75/13.25m | 5/30/09 |
| Shot Put | Jhane' Carter | 51-07.75/15.74m | 5/15/16 |
| Discus | LaKendra Thames | 174-04/53.14m | 5/16/10 |
| Hammer Throw | Gabby Durant | 200-6/61.12m | 4/20/18 |
| Javelin | Jenna Lucas | 149-07/45.59m | 4/24/15 |
| Heptathlon | Jamie Pew | 5,233 points | 2003 |

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 | Lizzie Harris | 55.18 | 2/2/08 |
| 800M | Rosie Chamberlain | 2:08.90 | 2/28/15 |
| Mile | Anne-Marie Blaney | 5:00.93 (4:57.98 [^]) | 2/9/13 |
| 3,000M | Anne-Marie Blaney | 9:43.59 | 2/24/13 |
| 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 |
| Triple Jump | LaTrica Firby | 12.24m/40-2.0 | 2000 |
| Shot Put | Jhane' Carter | 15.49m/50-9.75 | 2/6/16 |
| Weight Throw | Jhane' Carter | 18.59m/61-0 | 2/13/16 |
| Pentathlon | Sandy Jean | 3,303 points | 1/28/11 |

[^]Indicates time converted from flat track

OUTDOOR

| <u>Event</u> | <u>Name</u> | <u>Mark/Time</u> | <u>Date</u> |
|---------------|--------------------|------------------|-------------|
| 100M | Octavious Freeman | 11.09 | 5/13/12 |
| 200M | Octavious Freeman | 22.74 | 6/7/12 |
| 400M | Afia Charles | 53.60 | 5/14/11 |
| 800M | Rosie Chamberlain | 2:06.38 | 5/15/15 |
| 1500M | Anne-Marie Blaney | 4:38.18 | 4/27/13 |
| 3,000M | Laura Korsmit | 10:10.20 | 4/24/15 |
| 5,000M | Anne-Marie Blaney | 16:40.31 | 4/5/13 |
| 10,000M | Anne-Marie Blaney | 35:03.62 | 5/10/13 |
| 100H | Johna' Whitaker | 13.50 | 4/11/15 |
| 400H | Jackie Coward | 59.27 | 5/16/09 |
| 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 | LaTrica Firby | 40-10.5/12.46m | 4/1/00 |
| 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 | Sheree Carter | 4,500 points | 5/12/06 |

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 | Veronica Cambell-Brown | Pure Athletics | 22.38 | 5/10/08 |
| 400M | Lilla McMillan | Tulane | 51.38 | 5/15/16 |
| 800M | Rosie Chamberlain | UCF | 2:04.54 | 3/19/16 |
| 1,000M | Astrid Claessens | UCF | 2:58.9 | 2/14/03 |
| 1,500M | Chanelle Price | Unattached | 4:20.93 | 3/19/16 |
| 3,000M | Jenn Feenstra | Georgia State | 9:58.93 | 4/21/01 |
| 5,000M | Blanca Fernandez | Temple | 16:14.62 | 5/15/16 |
| 10,000M | Anne-Marie Blaney | UCF | 34:46.67 | 5/12/16 |
| 100H | Tiffani McReynolds | Baylor | 13.04 | 3/24/12 |
| 400H | Danielle Dowie | Texas | 57.33 | 3/19/11 |
| 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 | Kristen Hixson | Unattached | 14-03.25/4.35m | 3/21/15 |
| Long Jump | Blessing Okagbare | UTEP | 21-07.25/6.58m | 5/15/10 |
| Triple Jump | Marie-Josée Ebwea-Bile | Kentucky | 44-03.25/13.49m | 3/16/18 |
| Shot Put | Tochi Nlemchi | SMU | 55-0/16.76m | 5/15/16 |
| Discus | Paige Blackburn | Unattached | 186-6/56.84m | 3/18/16 |
| Hammer | Erin Gilreath | NYAC | 226-02.5/68.94m | 4/30/05 |
| Javelin | Karlee McQuillen | Unattached | 170-10/52.06m | 3/23/12 |
| Heptathlon | Lucija Cvitanovic | SMU | 5,611 points | 5/13/16 |

MEN

| <u>Event</u> | <u>Name(s)</u> | <u>Team</u> | <u>Mark/Time</u> | <u>Date</u> |
|----------------|-----------------------------------|----------------|------------------|-------------|
| 100M | Leshon Collins | Houston | 10.15 | 5/15/16 |
| 200M | Stevie Gardner | Addidas | 20.35 | 3/17/18 |
| 400M | Arismendy Peguero | Unattached | 45.86 | 4/28/07 |
| 800M | Duane Solomon | Saucony | 1:46.45 | 3/19/16 |
| 1500M | Benjamin Young | Kentucky | 3:45.32 | 3/16/18 |
| 3,000M | Peter Garmon | Connecticut | 8:44.24 | 3/17/18 |
| 3,000M Steeple | Benjamin Preisner | Tulsa | 8:58.21 | 5/14/16 |
| 5,000M | Marc Scott | Tulsa | 14:07.02 | 5/15/16 |
| 10,000M | Luke Traynor | Tulsa | 30:39.59 | 5/12/16 |
| 110H | Linnie Yarobough | Unattached | 13.33 | 3/3/07 |
| 400H | Amere Lattin | Houston | 50.71 | 5/15/16 |
| 4 x 100 Relay | Collins, Burke, Martin, Burrell | Houston | 38.95 | 5/15/16 |
| 4 x 400 Relay | Anderson, McQuay, Phillips, Smith | Florida | 3:05.99 | 3/27/10 |
| High Jump | Avion Jones | East Carolina | 7-7/2.31m | 5/14/16 |
| Pole Vault | Adrian Valles | Cincinnati | 17-10.5/5.45m | 5/14/16 |
| Long Jump | Anthony May | Unattached | 25-8/7.82m | 3/18/17 |
| Triple Jump | Matthew O'Neal | USF | 54-11.5/16.75m | 5/15/16 |
| Shot Put | Dorian Scott | Jamaica | 66-03.75/20.21m | 4/29/06 |
| Discus | Martin Maric | Unattached | 205-04/62.59m | 3/26/11 |
| Hammer | Conor McCullough | Princeton | 234-06/71.47m | 3/24/12 |
| Javelin | Tim Glover | Illinois State | 253-05/77.24m | 3/22/13 |
| Decathlon | Luis Hanssler | Memphis | 7,369 points | 5/13/16 |

Conference Championships: Year-By-Year Finishes

| Year | Indoor Host | Indoor Score | Indoor Finish | Outdoor Host | Outdoor Score | Outdoor Finish |
|--------|--------------|--------------|---------------|--------------|---------------|----------------|
| 1996# | -- | -- | -- | UCF | 146 | 2nd |
| 1997# | -- | -- | -- | Samford | 172 | 1st |
| 1998# | -- | -- | -- | FIU | 186 | 1st |
| 1999# | -- | -- | -- | Troy | 160 | 2nd |
| 2000# | -- | -- | -- | Troy | 154 | 1st |
| 2001# | -- | -- | -- | UCF | 196 | 1st |
| 2002# | -- | -- | -- | Troy | 208* | 1st |
| 2003# | -- | -- | -- | UCF | 124 | 1st |
| 2004# | -- | -- | -- | UCF | 127 | 1st |
| 2005# | -- | -- | -- | Belmont | 158 | 1st |
| 2006\$ | Houston | 44 | 7th | UTEP | 45.50 | 9th |
| 2007\$ | Houston | 27.50 | 9th | Rice | 66.33 | 5th |
| 2008\$ | Houston | 46 | 8th | UTEP | 84.33 | 3rd |
| 2009\$ | Houston | 86 | 3rd | Tulsa | 111 | 2nd |
| 2010\$ | Houston | 60 | 5th | UCF | 114 | 1st |
| 2011S | Houston | 123.5 | 1st | Rice | 157 | 1st |
| 2012\$ | UAB | 113.5 | 2nd | Tulane | 160 | 1st |
| 2013\$ | UAB | 132.5 | 1st | Rice | 167 | 1st |
| 2014% | The American | 78 | 4th | USF | 138.6 | 2nd |
| 2015% | The American | 86.5 | 2nd | UConn | 92 | 4th |
| 2016% | The American | 91.5 | 3rd | UCF | 98 | 2nd |
| 2017% | The American | 122 | 1st | Houston | 99.50 | 4th |
| 2018% | The American | 33 | 8th | Cincinnati | 44 | 10th |

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.

- A-Sun Conference \$ - C-USA % - The American *Conference record

2019 Quick Facts

UCF INFORMATION

Location.....Orlando, Fla.
 Founded.....1963
 Enrollment.....67,000+
 Nickname.....Knights
 Colors.....Black and Gold
 Conference..... American Athletic Conference
 President..... Dr. Dale Whittaker
 Director of Athletics..... Dr. Daniel J. White
 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 (1st Season)
 Alma Mater.....Virginia, 1991
 Assistant Coach.....Bryan Jackson (1st Season)
 Assistant Coach..... Ricardo Page (1st Season)
 Director of Operations.....Adria Parker
 Athletic Trainers.....Ed Woodley
 Sports Performance Coach.....David Castille
 Track Office Phone..... (407) 823-0096

TEAM INFORMATION

RETURNING ALL-CONFERENCE

PERFORMERS

Indoor

Gabby Durant..... Weight Throw

Outdoor

Loren Gallmon..... 4x100
 Ciara Holback..... 4x100
 Shaniya Williams..... 4x100
 Sarah Wollaston..... 4x100

TRACK AND FIELD HISTORY

First Year at Division I Level.....1989
 First Year in The American..... 2013-14
 Conference Championships/Last ...15/2017

ATHLETICS COMMUNICATIONS

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 Facebook.....like "UCF Track and Field"

UCF, Not Central Florida

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

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

UCF at...

NCAA Championships

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

Overall Finish: N/A

High Jump

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

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

Overall Finish: N/A

High Jump

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

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

Overall Finish: 35th -- 6 points

60 Hurdles

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

Triple Jump

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

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

Overall Finish: N/A

High Jump

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

100 Hurdles

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

Discus

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

Triple Jump

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

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

Overall Finish: N/A

60 Hurdles

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

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

Overall Finish: 46th -- 4 points

100 Meters

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

100 Hurdles

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

Long Jump

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

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

Overall Finish: 21st -- 11 points

60 Hurdles

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

60 Meters

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

200 Meters

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

Long Jump

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

4x400 Relay

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

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

Overall Finish: 17th -- 16 points

100 Meters

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

200 Meters

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

100 Hurdles

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

4x100 Relay

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

4x400 Relay

Preliminaries

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

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

Overall Finish: 8th -- 23 points

60 Meters

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

200 Meters

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

Long Jump

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

60 Hurdles

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

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

Overall Finish: 19th -- 15 points

100 Meters

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

200 Meters

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

Long Jump

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

100 Hurdles

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

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

Overall Finish: 5th -- 30 points

60 Hurdles

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

60 Meters

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

200 Meters

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

UCF at...

NCAAs (Cont.)

2013 NCAA Outdoor Championships -

Hayward Field (Eugene, Ore.)

Overall Finish: 5th -- 35 points

Long Jump

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

400 Hurdles

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

4x100 Relay

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

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

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

100 Meters

| Athlete | Time | Round/Finish |
|---------------------|--------------|--------------|
| --Octavious Freeman | 10.99 (+2.8) | P/1 |
| | 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 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)

USA EVENTS

Olympic Trials

- 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 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

USA EVENTS (CONT.)

Tiki James (Sr.).....100H finals - 6th

Junior

Sonnisha Williams (Fr.).....Long Jump finals - 5th

- 2009 -

Hayward Field (Eugene, Ore.)

Athlete.....Event (Advanced to - Finish)

Senior

Tiki James (Jr.).....100H semis - 14th

- 2007 -

IU Michael A. Carroll Track & Soccer Stadium, IUPUI

(Indianapolis, Ind.)

Athlete.....Event (Advanced to - Finish)

Junior

LaKendra Thames (Fr.).....Discus finals - 19th

INTERNATIONAL EVENTS

NACAC U23 Championships

- 2012 -

Guantanamo, 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

| | |
|---|----------------------------|
| 2016 | |
| Rosie Chamberlain..... | 800m |
| Anne-Marie Blaney..... | 10,000m |
| 4x100 Relay....B. Vaughn, S. Martin, C. Peterson, A. Williams | |
| 2015 | |
| J'Nea Bellamy | 100m; 200m |
| Sandy Jean..... | 400m Hurdles |
| 4x100 Relay...J. Bellamy, K. Nieuwendam, C. Peterson, B. Vaughn | |
| 2014 | |
| J'Nea Bellamy | 200m |
| Afia Charles | 400m |
| Sandy Jean..... | 400m Hurdles |
| Anne-Marie Blaney..... | 10,000m |
| 4x100 Relay.....J. Bellamy, J. Clayton, B. Vaughn, C. Peterson | |
| 4x400 Relay.....S. Jean, J. Clayton, A. Jocelyn, A. Charles | |
| 2013 | |
| Aurieyall Scott..... | 200m |
| Afia Charles | 400m |
| Sandy Jean..... | 400m Hurdles |
| 4x100 Relay.... A. Faulknor, A. Scott, A. Charles, O. Freeman | |
| Alexis Faulknor | Long Jump |
| Octavious Freeman..... | 100m |
| 2012 | |
| Aurieyall Scott..... | 200m |
| Jackie Coward..... | 100 Hurdles; 400 Hurdles |
| 4x100m relay D. Booker, O. Freeman, A. Scott, S. Paul | |
| Ne'Ausha Logan | 800m |
| Octavious Freeman..... | 100m |
| 2011 | |
| Aurieyall Scott..... | 100m; 200m |
| Jackie Coward..... | 100m Hurdles; 400m Hurdles |
| 4x100m relay .. D. Booker, A. Scott, L. Layne, S. Paul | |
| 4x400m relay D. Brown, A. Charles, S. Jean, E. Winston | |
| Sonnisha Williams | Long Jump |
| 2010 | |
| Aisha Frazier | 400m Hurdles |
| Jackie Coward..... | 100m Hurdles |
| 2009 | |
| Jackie Coward..... | 400m Hurdles |
| 2008 | |
| Sheree Carter | Heptahalon |
| Lizzie Harris | High Jump |
| 2005 | |
| Diana Chin | 100m Hurdles |
| Victoria Chin | Triple Jump |
| Katie Fowke | Pole Vault |
| Ann Louise Larsen..... | High Jump |
| Tiffany Roebuck | Hammer; Discus; Shot Put |
| 2004 | |
| Katie Fowke | Pole Vault |
| Karen Kozub..... | 800m |
| Tiffany Roebuck | Hammer |
| 2003 | |
| Amanda Morrow | 3,000m Steeplechase |
| Michele Olandese..... | Discus |
| Sonja Shedden..... | 10,000m |
| 2002 | |
| Valerie Beauburn | 400m; 800m |
| Diana Chin | 100 Hurdles |
| LaTrica Firby..... | Long Jump |
| Ann Louise Larsen..... | High Jump |
| Tiffany Roebuck | Shot Put |
| 2001 | |
| Katara Beard | Shot Put |
| LaTrica Firby..... | Long Jump |
| Kellie Marzetta..... | 400m Hurdles |
| Jamie Pew..... | Javelin |
| Kelly Roloff..... | High Jump |
| Shannon Ryan..... | Pole Vault |
| Sonja Shedden..... | 10,000m |
| 2000 | |
| Katara Beard | Shot, Hammer |

| | |
|----------------------|---------------------------|
| Randi Chapman | Long Jump |
| LaTrica Firby..... | Triple Jump |
| 1999 | |
| Katara Beard | Shot |
| Corliss Cade | 100m Hurdles; Triple Jump |
| Sonja Shedden..... | 10,000m |
| Amber Twyner..... | Javelin |
| 1998 | |
| Katara Beard | Shot Put |
| Michele Boike | 100m Hurdles; High Jump |
| Corliss Cade | Long Jump |
| Jennifer Herron..... | Discus |
| Anne Panaggio..... | 5,000m |
| Amber Twyner..... | Javelin |

All-Conference Second Team

| | |
|---|------------------------|
| 2018 | |
| Rosie Chamberlain..... | 800m |
| Nathosha Jordan | Heptathlon |
| 2017 | |
| Anne-Marie Blaney..... | 1500m; 5,000m; 10,000m |
| Rosie Chamberlain..... | 800m |
| Ebony Crear | 400m Hurdles |
| Chelsea Gobourne | Hammer Throw |
| Crear, Jocelyn, Cooley, Chamberlain..... | 4x400 Relay |
| 2016 | |
| SheKara Martin..... | 100m |
| Anne-Marie Blaney..... | 5,000m |
| 2015 | |
| Logan, Nieuwendam, Henry, Jocelyn..... | 4x400 Relay |
| 2014 | |
| J'Nea Bellamy | 100m |
| Erica Winston | 800m |
| Anne-Marie Blaney..... | 5000m |
| Jen Clayton | Long Jump |
| 2013 | |
| Aurieyall Scott..... | 100m |
| Octavious Freeman..... | 200m |
| Ne'Ausha Logan | 800m |
| 4x400 Relay A. Charles, O. Freeman, N. Logan, S. Jean | |
| Jen Clayton | Long Jump |
| Precious Ogunleye..... | Hammer Throw |
| 2012 | |
| Sonnisha Williams | Long Jump |
| Aurieyall Scott..... | 100m |
| Sheila Paul | 200m |
| 2011 | |
| Mica Wimberly | 100m Hurdles |
| Shelia Paul | 100m |
| 2010 | |
| LaKendra Thames | Shot Put; Discus |
| Sonnisha Williams | Long Jump |
| Jackie Coward | 400m Hurdles |
| Tiki James | 100m Hurdles |
| 2009 | |
| Shantile Blackburn..... | 800m |
| Jackie Coward | 100m Hurdles |
| 2008 | |
| Shantile Blackburn..... | 800m |
| Lizzie Harris | 400H; High Jump |
| 2007 | |
| Jenny Clausen | 10,000m |
| Katie Fowle | Pole Vault |
| Victoria Chin | 400m Hurdles |
| 2006 | |
| Tiffany Roebuck | Weight Throw |
| 2005 | |
| Diana Chin | Long Jump |
| Michelle Teuton..... | Pole Vault |
| Rian Thomas..... | Hammer |
| 2004 | |
| Diana Chin | 100m Hurdles |
| Sara Dillman | 10,000m |
| LaTrica Firby..... | Long Jump, Triple Jump |
| Ann Louise Larsen..... | Long Jump |
| Andrea Morrow | 3,000m Steeplechase |

| | |
|-------------------------|---------------------------|
| Rian Thomas | Hammer |
| 2003 | |
| Kelly Roloff..... | Long Jump |
| Ann Louise Larsen..... | High Jump |
| Elese Wilcox..... | Hammer; Shot Put |
| 2002 | |
| Diana Chin | Long Jump |
| LaRissa Dunn | 100m Hurdles |
| LaTrica Firby..... | Triple Jump |
| Jamie Pew..... | Javelin |
| Tiffany Roebuck | Hammer |
| Kelly Roloff..... | High Jump |
| Sonja Shedden..... | 10,000m |
| 2001 | |
| Katara Beard | Discus; Javelin |
| Kellie Marzetta..... | 100m Hurdles |
| Jamie Pew..... | High Jump |
| Kristen Newsome | Pole Vault |
| Elese Wilcox..... | Hammer |
| 2000 | |
| Katara Beard | Discus |
| Corliss Cade | 100m Hurdles; Triple Jump |
| Amber Twyner | Javelin |
| 1999 | |
| Katara Beard | Discus; Hammer |
| Corliss Cade | Long Jump |
| 1998 | |
| Katara Beard | Discus |
| Stephanie Cameron | 10,000m |
| Nikeisha Sykers..... | 400m Hurdles |
| Kelli Walsh | Triple Jump |
| 1997 | |
| Amber Bland..... | 400m |
| Michele Boike | Long Jump |
| Kelly Kobla | Javelin |
| Megan Rodell | 5,000m |
| 1996 | |
| Michele Boike | High Jump |
| Kelly Kobla | Shot Put |
| Christy Miller | 3,000m |
| Rene Plasencia..... | 1500m |
| Kelli Welsh | Triple Jump |

All-Conference Third Team

| | |
|--|--------------|
| 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 |

CONFERENCE HONORS

| | |
|---|---|
| 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 Bealert Pole Vault |
| | Diana Chin Triple Jump |
| | Victoria Chin 400m Hurdles |
| | Virginia Traynor Shot Put |
| 2004 | Diana Chin Long Jump |
| | Tracy Fischler Pole Vault |
| | Tiffany Roebuck Shot Put |
| 2003 | Astrid Claessens 800m |
| | Erica Garcia 100m |
| | Liz Jovanovski Hammer |
| | Kelly Roloff High Jump |
| | 4x400m relay E. Pugh, D. Ruffin, A. Claessens, K. Roloff |
| 2002 | Erica Garcia 100m |
| | Amy Giles 1,500m |
| | Valery Martinez 800m |
| | Jamie Pew Shot Put; High Jump |
| | Emily Pugh 400m Hurdles |
| | GeAna Rivera 10,000m |
| | Tiffany Roebuck Discus |
| | Elese Wilcox Hammer |
| 2001 | Katara Beard Hammer |
| | Sarah Kureshi 800m |
| | Kelly Roloff Long Jump |
| | Sonja Shedden 3,000m; 5,000m |
| 2000 | Kristen Newsome Pole Vault |
| | Melissa Norris 10,000m |
| | Jaimie Perez High Jump |
| | Natausha Samuels 400m |
| | Amber Twyner Discus |
| 1999 | Natasha Garner 200m; Long and Triple Jump |
| | Sonja Shedden 3,000m |
| | Amber Twyner Shot Put; Discus; Hammer |
| 1998 | Katara Beard Hammer; Javelin |
| | Michele Boike 400m Hurdles |
| | Megan Rodell 10,000m |
| 1997 | Susan Hartley 5,000m |
| | Christy Miller 1,500m; 3,000m |
| | Kelly Putnam High Jump |
| | Amber Twyner Shot Put; Discus |
| 1996 | Amber Bland 400m; High Jump |
| | Sanatera Johnson Shot Put; Discus |
| AAC Most Outstanding Track Performer | |
| | J'Nea Bellamy 2015 |
| AAC Track Athlete of the Week | |
| | 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 |

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

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

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

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 |
|-----------------------------------|

CONFERENCE HONORS

| | |
|-----------------------|-------------------|
| 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

| | |
|------------------------|--------------------------------|
| 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

| | |
|-----------------------|---------|
| 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 |

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|--------------------------|-----------------|
| 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 |
| Jaelyn 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 |

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|--------------------------|-----------|
| Carley Dart..... | 2011 |
| Aurieyall Scott..... | 2011 |
| Sierra Solaun..... | 2011 |
| Erica Weiss..... | 2011 |
| Santrell Atkins..... | 2010 |
| Dan'Elle Bellamy..... | 2010 |
| April Downey..... | 2009-2010 |
| Jacquelyn Gilchrist..... | 2009 |
| Vanessa Ziccardi..... | 2009 |
| Katie Fowke..... | 2007 |
| Sheree Carter..... | 2006 |
| Tracy Fischler..... | 2006 |
| Brittney McDermott..... | 2006 |
| Allison Shoemaker..... | 2006 |

C-USA Commissioner's Academic Medal

| | |
|------------------------|-----------|
| Ali Brandehoff..... | 2012 |
| Brittany McCord..... | 2010-2013 |
| Jessica Pachay..... | 2012 |
| Jamie Perzanowski..... | 2012 |
| Champelle Brown..... | 2010-2011 |

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 Thames2009 (Discus)

Tiki James 2009 (100H)

Kelsey Poljansek2009 (Discus)

Lizzie Harris 2009 (High Jump)

Dione Thomas2008, 2009 (Triple Jump)

NCAA Regional Qualifiers

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 Goubourne 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 Goubourne Hammer Throw

Tayla Greene Hammer Throw

Kalen Hambrick Hammer Throw

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

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

Briana Vaughn 200m, 4x100 Relay

2015

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

Devinn Cartwright 400H

Rosie Chamberlain..... 800M

Kalen Hambrick Hammer Throw

Terika Henry 4x400 Relay

Sandy Jean 400H; 4x400 Relay

Ashley Jocelyn 400M; 4x400 Relay

Kirsten Nieuwendam 200M; 4x100 Relay; 4x400 Relay

Christal Peterson 100M; 200M; 4x100 Relay

Briana Vaughn 100M; 200M; 4x100 Relay

Johna' Whitaker..... 100H

Amelia Williams..... 800M

2014

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

Anne-Marie Blaney..... 5000M, 10,000M

Afia Charles 400M, 4x100 Relay

Jen Clayton Long Jump, 4x100 Relay, 4x400 Relay

Kalen Hambrick Hammer Throw

Sandy Jean..... 400H, 4x400 Relay

Ashley Jocelyn 400M, 4x400 Relay

Kirsten Nieuwendam 4x100 Relay

Destinee Romain Hammer Throw

Briana Vaughn 100M, 200M

Erica Winston 800M

2013

Octavious Freeman..... 100M; 200M; 4x100 Relay

Aurieyall Scott..... 100M; 200M; 4x400 Relay

Alexis Faulknor 100M; Long Jump; 4x100 Relay;

..... 4x400 Relay

Afia Charles 400M; 4x100 Relay; 4x400 Relay

Ne'Ausha Logan 800M; 4x400 Relay

Sandy Jean 400H; 4x400 Relay

Jen Clayton Long Jump; Triple Jump

Sonnisha Williams Long Jump

Precious Ogunleye Shot Put; Weight Throw

Kalen Hambrick Weight Throw

2012

Octavious Freeman..... 100M; 200M; 4x100 Relay

Aurieyall Scott..... 100M; 200M; 4x100 Relay

Sheila Paul 100M; 200M; 4x100 Relay

Dominique Booker..... 200M; 4x100 Relay

Afia Charles 400M

Ne'Ausha Logan 800M

Jackie Coward 100H

Karessa Farley 100H

Aisha-Maree Frazier 400H

Sonnisha Williams Long Jump

Jacquelyn Gilchrist Long Jump

Tomika Story Long Jump; Triple Jump

Jen Clayton Long Jump

Precious Ogunleye Shot Put; Discus

2011

Aurieyall Scott..... 100M; 4x100 Relay

Sheila Paul 100M; 4x100 Relay

Dominique Booker..... 100M; 4x100 Relay

Lynne Layne 100M; 4x100 Relay

Afia Charles 400M

Champelle Brown 400M

Jackie Coward 100H; 400H

Mica Wimberly 100H

Karessa Farley 100H

Sandy Jean 400H

Sonnisha Williams Long Jump

Jacquelyn Gilchrist Long Jump

2010

Sheila Paul 100M; 200M

Jackie Coward 100H; 400H

Carley Dart 800M

Tiki James 100HM 4x100 Relay

Micaela Wimberly 100H

Aisha-Marie Frazier 400H

Sonnisha Williams Long Jump

Jacquelyn Gilchrist Long Jump

Tomika Story Triple Jump

LaKendra Thames Shot; Discus

2009

Dione Thomas Triple Jump

Lizzie Harris High Jump

Kelsey Poljansek Shot Put

LaKendra Thames Shot Put

Tiki James 100H

2008

Micaela Wimberly 4x100 Relay

Feyisara Adarmola 4x100 Relay

Shantile Blackburn..... 800M

Sheree Carter 100H

Victoria Chin 100H; 400H

LaKendra Thames Shot Put

Karen Kozub 800M

Dione Thomas 4x100 Relay, Long Jump

Lizzie Harris 4x100 Relay, 100H; 400H; High Jump

2007

Victoria Chin 400H

LaKendra Thames Discus

2006

Victoria Chin 400H

Diana Chin Long Jump

Katie Fowke Pole Vault

Tiffany Roebuck Hammer

2005

Diana Chin Long Jump, 100H

Katie Fowke Pole Vault

Tiffany Roebuck Hammer

Victoria Chin Triple Jump

Ann Louise Larsen High Jump

Tiffany Roebuck Shot Put; Discus

2004

Karen Kozub 800M

Katie Fowke Pole Vault

Tiffany Roebuck Hammer

Ann Louise Larsen High Jump

LaTrica Firby Triple Jump

LesSundra Ford High Jump

Andrea Morrow 3000 Steeplechase

Rian Thomas Hammer

2003

Ann Louise Larsen High Jump

Kelly Roloff High Jump

Andrea Morrow 3000 Steeplechase

NCAA Outdoor Championship Qualifiers

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

Victoria Chin 400H

REGIONAL AND NATIONAL HONORS

LaKendra ThamesDiscus
 Kelsey PoljansekDiscus
 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

2016
Second Team
 Anne-Marie Blaney 10,000m (14th place)

Honorable Mention

Tayla Greene Hammer Throw (24th place)
 2015

Honorable Mention

Kirsten Nieuwendam 100M (20th place),
 200M (20th place), 4x100 Relay (21st place)
 Kirsten Nieuwendam 4x100 Relay (21st place)
 Christal Peterson 4x100 Relay (21st place)
 Briana Vaughn 4x100 Relay (21st place)
 2014

Second Team

J'Nea Bellamy 4x100 Relay (11th place)
 Afia Charles 4x400 Relay (15th place)
 Jen Clayton 4x100 Relay (11th place), 4x400 Relay
 (15th place), Long Jump (15th place)
 Sandy Jean 4x400 Relay (15th place)
 Ashley Jocelyn 4x400 Relay (15th place)
 Kirsten Nieuwendam 4x100 Relay (11th place)
 Christal Peterson 4x100 Relay (10th place)
 2013

First Team

Aurieyall Scott 100M (4th place); 200M (3rd place);
 4x100 Relay (2nd leg, 2nd place)
 Octavious Freeman 100M (2nd place);
 200M (7th place); 4x100 Relay (4th leg, 2nd place)
 Afia Charles 4x100 Relay (3rd leg, 2nd place)
 Alexis Faulknor 4x100 Relay (1st leg, 2nd place)
 Jen Clayton Long Jump (3rd place)

Second Team

Sandy Jean 400H (10th place)
 Alexis Faulknor 100M (14th place)
 2012

First Team

Jackie Coward 100H (4th place)
 Aurieyall Scott 100M (8th place)
 Octavious Freeman 100M (5th place); 200M (4th place)

Second Team

Jacquelyn Gilchrist Long Jump (13th place)
 Sonnisha Williams Long Jump (14th place)
 Aurieyall Scott 200M (9th place)
 Sheila Paul 100M (13th place)

Honorable Mention

Sheila Paul 200M (21st place)
 2011

First Team

Jackie Coward 100H (3rd place);
 4x100 Relay, (1st leg, 4th place)
 Aurieyall Scott 100M (4th place);
 4x100 Relay (2nd leg, 4th place)
 Lynne Lane 4x100 Relay (3rd leg, 4th place)
 Sheila Paul 4x100 Relay (4th leg, 4th place)

Second Team

Sheila Paul 100M (16th place)
 Aurieyall Scott 200M (10th place)
 2010

Jackie Coward 100H (5th place)

USTFCCCA Scholar Team of the Year

UCF 2013

USTFCCCA All-Academic Team

UCF 2002, 2003, 2004, 2005, 2014
 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

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

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)