2012 Florida Track and Field
Men's Outdoor Bests
Updated: May 7, 2012

100 METERS
School Record: 9.99, Bernard Williams, 2000
10.01w Jeff Dempsey Clyde Littlefield Texas Relays (3/31) 1st
10.05w Leonlecardo Seymore Clyde Littlefield Texas Relays (3/30) 1st

110-METER HURDLES
School Record: 13.32, Josh Walker, 2004
13.54 Eddie Lovett Tom Jones Classic (4/21) 7th
13.59 William Wynne Tom Jones Classic (4/21) -prelim-

200 METERS
School Record: 19.87, John Capel, 1999
20.60 Tony McQuay Tom Jones Classic (4/21) 1st
20.64 Jeff Dempsey Pepsi Florida Relays (4/6) 3rd
20.88 De'Andre Dukes Tom Jones Classic (4/21) 6th
21.94 Jovon Toppin UCF Invitational (4/21) 14th
22.12 Michael Burris UCF Invitational (4/21) 18th

400 METERS
School Record: 44.66, Tyrone Kemp, 1989
45.63 Tony McQuay Pepsi Florida Relays (4/6) 1st
46.87 Hugh Graham Jr. Tom Jones Classic (4/21) 5th
47.94 Michael Burris Tom Jones Classic (4/21) 14th
48.48 Jovon Toppin Pepsi Florida Relays (4/6) 50th

400-METER HURDLES
School Record: 47.24, Kerro Clement, 2005
54.87 William Wynne Tom Jones Classic (4/21) 8th

800 METERS
School Record: 1:44.46, Mark Everett, 1988
1:48.85 Tyler Cardillo Pepsi Florida Relays (4/6) 7th
1:49.20 John Mitchell Pepsi Florida Relays (4/6) 8th
1:51.58 Daniel Wehunt Tom Jones Classic (4/21) 2nd
1:54.78 Lucas Lawrence Pepsi Florida Relays (4/6) 36th

1,500 METERS
School Record: 3:38.57, Shane Scheck, 2005
3:54.88 Tyler Cardillo Tom Jones Classic (4/21) 2nd
3:57.60 Harsha Torke Pepsi Florida Relays (4/6) 31st
3:59.31 JL Hines Pepsi Florida Relays (4/6) 34th
3:59.32 Eddie Garcia Pepsi Florida Relays (4/6) 35th

3,000 METERS
8:27.42 JL Hines Tom Jones Classic (4/21) 1st
8:38.85 Eddie Garcia Tom Jones Classic (4/21) 2nd

3,000 METER STEEPLECHASE
School Record: 8:36.59, Chris Duncan, 2002
9:01.01 Mark Parrish Pepsi Florida Relays (4/6) 3rd
9:21.65 Michael Anderson Pepsi Florida Relays (4/6) 8th
9:56.55 Harsha Torke Tom Jones Classic (4/21) 4th

5,000 METERS
School Record: 13:51.30, Dan Middleman, 1989
14:02.57 Josh Izewski Pepsi Florida Relays (4/6) 1st (PR)

10,000 METERS
School Record: 28:31.21, Keith Brantly, 1982

4x100-METER RELAY
School Record: 38.35, Carroll, Williams, Armstrong, White, 2000
38.67 Florida Tom Jones Classic (4/21) 1st
39.26 Florida Clyde Littlefield Texas Relays (3/31) 5th

4x400-METER RELAY
School Record: 3:00.33, R. Anderson, McQuay, C. Taylor, Smith, 2010
3:02.41 Florida Drake Relays (4/26) 1st

4x800-METER RELAY
School Record: 7:14.36, Jones, Lacy, Adderley, Peters, 1993
7:41.25 Florida Pepsi Florida Relays (4/7) 9th

HIGH JUMP
School Record: 2.28m/7-5.75, David Furman, 1997
2.20m/6-10.75 Dwight Babersz Pepsi Florida Relays (4/7) 7th
1.90m/6-2.75 Ryan Summers Tom Jones Classic (4/21) 4th

LONG JUMP
School Record: 8.39m/27-6.50, Dion Bentley, 1993
7.49m/24-7 Marquis Dendy Clyde Littlefield Texas Relays (3/31) 8th
7.24m/23-9 Omar Craddock Tom Jones Classic (4/21) 8th
7.21m/23-8 Josh Pederson UCF Invitational (3/23) 8th

TRIPLE JUMP
School Record: 17.40m/57-1, Christian Taylor, 2011
15.15m/49-8.50 Marquis Dendy Tom Jones Classic (4/21) 1st

POLE VAULT
School Record: 5.70m/18-8.25, Mike Holloway, 1992
5.00m/16-4.75 Max Lang Pepsi Florida Relays (4/7) 11th
4.40m/14-5.25 Anthony Amoradi UNF Invite (3/30) 11th
4.60m/15-1 Kyle Mailoux Pepsi Florida Relays (4/7) 22nd

SHOT PUT
School Record: 20.10m/65-11.0, Dwight Johnson, 1992
14.89m/48-10.25 Hunter Joyner Tom Jones Classic (4/21) 4th
14.89m/48-10.25 Jeremy Postin Tom Jones Classic (4/21) 4th

DISCUS
School Record: 61.39m/201-5, Wes Stockbarger, 2007
48.51m/159-2 Stipe Zunic Drake Relays (4/28) 20th
41.59m/136-05 David Triassil Tom Jones Classic (4/21) 4th
40.67m/133-05 David Levin Tom Jones Classic (4/21) 5th
40.49m/132-10 Gray Horn Tom Jones Classic (4/21) 6th
40.31m/130-03 Jeremy Postin Tom Jones Classic (4/21) 7th

HAMMER THROW
School Record: 70.73m/230-1, Jeremy Postin, 2012
70.73m/230-1 Jeremy Postin Drake Relays (4/28) 1st
58.09m/190-07 David Triassil Tom Jones Classic (4/21) 3rd
57.87m/189-10 David Triassil Pepsi Florida Relays (4/6) 4th
51.64m/169-05 David Levin Pepsi Florida Relays (4/6) 14th

JAVELIN
School Record: 83.30m/273-3, Tom Pukstys, 1990
77.89m/255-6 Stipe Zunic Clyde Littlefield Texas Relays (3/30) 1st
55.96m/183-07 Zane Breakiron UNF Invite (3/31) 6th
51.43m/168-09 Gray Horn Tom Jones Classic (4/21) 5th

PERFORMANCE LIST LEGEND
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TC - Top Collegian
MR - Meet Record
FR - Facility Record
SR - School Record
100 METERS
School Record: 11.13, Michelle Freeman, 1992
11.33 Darshay Davis Clyde Littlefield Texas Relays (3/30) 6th (PR)

100-METER HURDLES
School Record: 12.79, Michelle Freeman, 1992
13.66 Ugonna Ndu Clyde Littlefield Texas Relays (3/30) prelim (PR)
13.84 Brittany Harrell Tom Jones Classic (4/21) 3rd
14.21 Amani Bryant UCF Invitational (3/24) 10th
14.30 Ashley Famors Tom Jones Classic (4/21) prelim
14.40 Paige Morton UCF Invitational (3/24) 12th
14.78 Katrina Dekrey Tom Jones Classic (4/21) prelim
15.93 Monique Harris Pepsi Florida Relays (4/06) 57th

200 METERS
School Record: 22.84, Natalie Knight, 2008
23.03 Darshay Davis Pepsi Florida Relays (4/06) 3rd
24.01 Ebony Eutsey Tom Jones Classic (4/21) 7th
24.80 Michelle Stegall UCF Invitational (3/24) 23rd
27.10 Danielle Newsome UCF Invitational (3/24) 41st

400 METERS
School Record: 50.83, Tiandra Ponteen, 2005
52.06 Lanie Whitaker Pepsi Florida Relays (4/06) 2nd
52.07 Ebony Eutsey Pepsi Florida Relays (4/06) 3rd
53.92 Alisha Usery Tom Jones Classic (4/21) 5th
54.65 Michelle Stegall Tom Jones Classic (4/21) 8th
1:02.34 Danielle Newsome UCF Invitational (3/24) 41st

400-METER HURDLES
School Record: 56.45, Piper Bressant, 1985
57.59 Ugonna Ndu Pepsi Florida Relays (4/06) 6th
59.72 Ashley Usery Pepsi Florida Relays (4/06) 18th
1:00.25 Amani Bryant Clyde Littlefield Texas Relays (3/29) 13th
1:00.77 Paige Morton Tom Jones Classic (4/21) 7th
1:01.17 Monique Harris Tom Jones Classic (4/21) 9th

800 METERS
School Record: 2:00.13, Hazel Clark, 1997
2:05.08 Cory Mcgee Tom Jones Classic (4/21) 1st (PR)
2:07.70 Genieve LaCaze Pepsi Florida Relays (4/06) 4th
2:07.79 Mandy Perkins Pepsi Florida Relays (4/06) 6th
2:09.30 Agata Strausa Tom Jones Classic (4/21) 2nd
2:10.56 Sarah Davis Pepsi Florida Relays (4/06) 12th
2:12.31 Shelby Hayes Pepsi Florida Relays (4/06) 18th
2:19.08 Brittany Kozia Tom Jones Classic (4/21) 5th

1,500 METERS
School Record: 4:09.86, Charlotte Browning, 2011
4:12.61 (PR), Cory Mcgee Payton Jordan Cardinal Invite (4/29) 3rd
4:15.92 (PR) Agata Strausa Payton Jordan Cardinal Invite (4/29) 3rd
4:16.82 (PR) Genieve LaCaze Tom Jones Classic (4/21) 1st
4:19.72 (PR) Shelby Hayes Payton Jordan Cardinal Invite (4/29) 10th
4:22.46 Mandy Perkins Tom Jones Classic (4/21) 3rd
4:29.10 Callie Cooper Pepsi Florida Relays (4/06) 11th
4:35.22 Sarah Davis Tom Jones Classic (4/21) 4th

3,000 METER STEEPLECHASE
School Record: 9:55.44, Genevieve LaCaze, 2012
9:55.44 Genevieve LaCaze Payton Jordan Cardinal Invite (4/29) 8th (PR)
10:21.03 Agata Strausa Pepsi Florida Relays (4/06) 1st
10:25.32 Stephanie Strasser Drake Relays (4/28) 4th

5,000 METERS
School Record: 15:40.97, Shelly Steely, 1987
16:47.67 Callie Cooper UNF Invite (3/30) 7th

10,000 METERS
School Record: 32:24.70, Rebecca Lowe, 2009
33:44.64 Florence Ngetich Mt. SAC Relays (4/19) 3rd
35:17.85 Callie Cooper Mt. SAC Relays (4/19) 15th

4x100-METER RELAY
School Record: 43.12, K. Mitchell, Freeman, Rose, Howard, 1992
43.99 Florida "A" Pepsi Florida Relays (4/06) 5th
(Davis, Al. Usery, Ndu, Eutsey)

4x400-METER RELAY
School Record: 3:27.53, Freeman, K. Mitchell, Beasley, Howard, 1992
3:31.03 Florida "A" Pepsi Florida Relays (4/06) 3rd
(Eutsey, Al. Usery, Ndu, Whittaker)

4x800-METER RELAY
8:44.41 Florida "A" Pepsi Florida Relays (4/06) 1st
(LaCaze, S. Davis, Perkins, Hayes)

SPRINT MEDLEY RELAY
School Record: 3:43.11, K. Mitchell, Howard, Downing, Beasley, 1991
3:44.05 Florida Pepsi Florida Relays (4/06) 1st
(Davis, Al. Usery, Whittaker, Mcgee)

HIGH JUMP
School Record: 1.84m/6-0.50, Mara Galloni, 1992
1.79m/5-10.50 Taylor Burke Tom Jones Classic (4/21) 1st
1.72m/5-7.75 Brittany Harrell Clyde Littlefield Texas Relays (3/28) hept.
1.65m/5-5 Alexis Muniz Pepsi Florida Relays (4/06) 17th

LONG JUMP
School Record: 6.71m/22.0.75, Shara Proctor, 2009
6.25m/20.6.25 Daniela Griffin Clyde Littlefield Texas Relays (3/30) 1st (PR)
6.20m/20.4.25 Lorraine Graham Pepsi Florida Relays (4/06) 1st
5.88m/19.3.50 Brittany Harrell Clyde Littlefield Texas Relays (3/29) hept.

TRIPLE JUMP
School Record: 13.12m/43.0.50 Ciara Brewer Drake Relays (4/28) 1st (PR)
11.92m/39.1.25 Gissell Warner UCF Invitational (3/24) 15th (PR)
11.63m/38.21 Trish Leger UCF Invitational (3/24) 17th (PR)

POLE VAULT
School Record: 4.16m/13.7.75, Dara Altman, 2006
3.65m/11-11.75 Claire Spurling UNF Invite (3/30) 3rd
3.60m/11-9.75 Caitlin Schuessler Pepsi Florida Relays (4/06) 15th

SHOT PUT
School Record: 18.50m/60-8.50, Liz Wanless, 2005
17.18m/56-4.5 Keely Medeiros FSU Seminole Invite (4/13) 1st
15.09m/49.6.25 Fidela James Tom Jones Classic (4/21) 2nd
12.82m/42.0.75 Arthlia Mackey Tom Jones Classic (4/21) 8th
11.67m/38-3.50 Brittany Harrell Clyde Littlefield Texas Relays (3/28) hept.

HAMMER THROW
School Record: 51.49m/168-11 Fidela James Tom Jones Classic (4/21) 2nd
46.55m/152-09 Jayla Bostic UNF Invite (3/30) 12th

DISCUS
School Record: 57.49m/188-7, Rachel Longfords, 2004
52.57m/172-6 Keely Medeiros Drake Relays (4/27) 6th
51.39m/168-7 Ashley Miller Pepsi Florida Relays (4/06) 4th
49.26m/161-7 Kaitlin Davis Clyde Littlefield Texas Relays (3/31) 2nd
42.96m/141-0 Manuela Burtscher Pepsi Florida Relays (4/06) 11th

JAVELIN
School Record: 58.99m/193-7, Evelin Dekkers, 2010
48.01m/157-6 Fawn Miller UCF Invitational (3/23) 2nd
35.40m/116-2 Brittany Harrell Tom Jones Classic (4/21) 3rd
32.91m/108-0 Manuela Burtscher UCF Invitational (3/23) 17th

HEPTATHLON
School Record: 7.84, Heidi Mann, 1987
5,608 Brittany Harrell Clyde Littlefield Texas Relays (3/29) 2nd

PERFORMANCE LIST LEGEND
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### 2012 FLORIDA TRACK AND FIELD OUTDOOR SEASON VICTORIES
**UPDATED: MAY 7, 2012**

#### MEN
- Jeff Demps - Men's 100m (10.01) (+2.9) - 3/31/12
- Jeff Demps - Men's 100m (10.11) (+1.1) - 4/6/12
- Jeff Demps - Men's 100m (10.19) - 4/21/12
- Jeff Demps, Tony McQuay, Leonardo Seymore, Dedric Dukes - Men's 4x100m Relay (38.67) - 4/21/12
- Marquis Dendy - Men's Long Jump (7.68m/25-2.50) (-2.1) - 4/6/12
- Marquis Dendy - Men's Triple Jump (15.15m/49-8.50) - 4/21/12
- Dedric Dukes, Hugh Graham, Jr., Leonardo Seymore, Tony McQuay - Men's 4x400m Relay (3:02.41) - 4/28/12
- Dedric Dukes, Hugh Graham, Jr., Leonardo Seymore, Tony McQuay - Men's 4x400m Relay (3:05.27) - 4/21/12
- JL Hines - Men's 3,000m (8:27.42) - 4/21/12
- Josh Izowski - Men's 5000m (14:02.57) (PR) - 4/6/12
- Tony McQuay - Men's 400m (45.65) - 4/6/12
- Jeremy Postin - Men's Hammer Throw (70.73m/232-1) - 4/28/12
- Jeremy Postin - Men's Hammer Throw (68.07m/223-0) - 4/21/12
- Jeremy Postin - Men's Hammer Throw (66.21m/217-2) - 3/29/12
- Stipe Zunic - Men's Javelin (77.89m/255-6) - 3/30/12
- Stipe Zunic - Men's Javelin (75.41m/247-0) - 4/21/12
- Stipe Zunic - Men's Javelin (73.84m/242-3) - 3/23/12
- Stipe Zunic - Men's Javelin (73.38m/240-9) - 4/6/12

#### WOMEN
- Ciarra Brewe - Women's Triple Jump (13.12m/43-0.50 (+0.1)) - 4/28/12
- Taylor Burke - Women's High Jump (1.79m/5-10) - 4/21/12
- Darshay Davis, Alishea Usery, Lanie Whittaker, Cory McGee - Women's 1600m SMR (3:44.05) - 4/7/12
- Ebony Eutsey, Lanie Whittaker, Alishea Usery, Ashley Usery - Women's 4x400m Relay (3:36.09) - 4/21/12
- Lorraine Graham - Women's Long Jump (6.20m/20-4.25) (-3.2) - 4/6/12
- Daniela Griffin - Women's Long Jump (6.25m/20-6.25) (+1.8) (PR) - 3/30/12
- Genevieve LaCaze - Women's 1500m (4:16.82) - 4/21/12
- Genevieve LaCaze, Sarah Davis, Mandy Perkins, Shelby Hayes - Women's 4x800m Relay (8:44.41) - 4/7/12
- Cory McGee - Women's 800m (2:05.98) - 4/21/12
- Keely Medeiros - Women's Shot Put (17.18m/56-4.25) - 4/14/12
- Keely Medeiros - Women's Shot Put (17.17m/56-4) - 4/21/12
- Agata Strausa - Women's 3000m Steeplechase (10:21.03) (MR) - 4/6/12

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HONORS BY ATHLETE

JEFF DEMPS
- SEC Co-Men’s Runner of the Week (April 3)

LANIE WHITTAKER
- SEC Co-Women’s Runner of the Week (April 10)

JEFF DEMPS, TONY MCQUAY, LEONARDO SEYMORE, DEDRIC DUKE
- SEC Co-Men’s Runners of the Week (April 24)

JEREMY POSTIN
- SEC Men’s Field Athlete of the Week (April 24)

DEDIC DUKES, HUGH GRAHAM, JR., LEONARDO SEYMORE, TONY MCQUAY
- SEC Co-Men’s Runners of the Week (May 1)

HONORS BY COACH