

2007 YEAR-IN-REVIEW

2007 Florida Women's Cross Country Performance Chart

	Mt. Dew Invitational 9/7/07 Gainesville, Fla. 5K	Tiger Invitational 9/29/07 Auburn, Ala. 5K	Pre-NCAA Invitational 10/13/07 Terre Haute, Ind. 6K	SEC Championship 10/27/07 Lexington, Ky. 6K	South Region Championship 11/10/07 Gainesville, Fla. 6K	NCAA Championship 11/19/07 Terre Haute, Ind. 6K
Alison Babb, So.	DNC	DNC	DNC	21:45.28 - 27th (4th)	21:54.63 - 28th (5th)	21:36.6* - 110th (3rd)
Ashlyn Bickwermer, Fr.	20:30.95* - 53rd (13th)	DNC	DNC	DNC	DNC	DNC
Ali Crabb, Fr.	17:48.84 - 4th (2nd)	17:20.36* - 14th (5th)	21:36* - 87th (5th)	21:49.63 - 30th (6th)	21:50.06 - 27th (4th)	21:48.4 - 137th (5th)
Devin Gapstur, Jr.	18:42.55 - 15th (9th)	17:57.40 - 32nd (9th)	DNC	DNC	DNC	DNC
Laura Garrow, Fr.	19:07.88* - 22nd (12th)	18:43.47* - 58th (12th)	DNC	DNC	DNC	DNC
Jamie Geissler, Sr.	DNC	DNC	DNC	DNC	DNC	DNC
Kristen Johnson, Sr.	18:58.47 - 18th (11th)	17:13.69* - 12th (4th)	22:29 - 157th (7th)	22:03.39 - 40th (7th)	21:55.82 - 29th (6th)	22:11.4 - 178th (7th)
Kathryn Kramer, Jr.	18:29.07 - 10th (7th)	17:38.88* - 24th (8th)	21:50 - 105th (6th)	22:11.18 - 41st (8th)	DNC	DNC
Jacy Kruzel, Jr.	18:25.67 - 8th (6th)	16:57.44* - 6th (1st)	20:55 - 24th (1st)	21:12.49 - 8th (1st)	21:57.17 - 31st (7th)	21:15.5 - 60th (1st)
Rebecca Lowe, Fr.	18:10.19 - 5th (3rd)	16:59.40* - 7th (2nd)	21:20 - 58th (2nd)	21:21.08 - 12th (2nd)	21:10.48* - 12th (2nd)	21:35.1 - 107th (2nd)
LeeAnn Nawrocki, Jr.	DNC	DNC	DNC	DNC	DNC	DNC
Hailey Neal, Fr.	18:24.26 - 7th (5th)	17:31.94* - 18th (7th)	DNC	DNC	DNC	DNC
Julie Northrup, So.	18:36.28 - 12th (8th)	18:16.13 - 40th (10th)	DNC	22:43.84 - 50th (9th)	DNC	DNC
Sara Petrick, Jr.	18:14.55 - 6th (4th)	17:23.05* - 15th (6th)	21:35* - 84th (4th)	21:48.56 - 29th (5th)	21:36.36 - 23rd (3rd)	22:00.6 - 163rd (6th)
Kaitlin Shiver, Fr.	18:51.04* - 17th (10th)	18:16.70* - 41st (11th)	DNC	23:01.78* - 58th (10th)	DNC	DNC
Lindsay Sundell, Sr.	17:41.88 - 2nd (1st)	17:03.58* - 9th (3rd)	21:25 - 69th (3rd)	21:33.98 - 20th (3rd)	21:00.78 - 10th (1st)	21:42.2 - 118th (4th)
Team Finish Team Points Pack Spread	1st of 19 19 0:42.38	1st of 22 41 0:22.92	10th of 35 322 0:51	4th of 12 96 0:36.07	3rd of 20 94 0:53.87	11th of 26 391 0:32.9

* - career best

2007 FLORIDA WOMEN'S HIGHLIGHTS

TEAM HIGHLIGHTS

- Placed 11th at the NCAA Championship, the highest finish in program history
- Received an at-large bid to the NCAA Championship for the second consecutive year, the program's seventh overall trip to the NCAA Championship
- Won the Mountain Dew Invitational and the Tiger Invitational; placed seven runners in the top 10 at the Mountain Dew Invitational
- Finished in the top five in four of six meets on the season and in the top 12 of every meet
- Two athletes earned All-SEC honors, one for the first time, one for her second time
- Three individuals earned All-South Region honors, two first-time honorees and one three-time honoree
- Ran a pack spread (difference between the first and fifth finisher) of under a minute in every race of the season
- Opened the season ranked 28th in the USTFCCCA Poll and were ranked in all but two polls, with a high of No. 20 on Oct. 9
- Ranked 28th in the final USTFCCCA Poll prior to the NCAA Championship
- Honored by the USTFCCCA as an All-Academic team

INDIVIDUAL HIGHLIGHTS

Allison Babb

- Scored in each of the three postseason meets
- Ran a career-best 6K time at the NCAA Championship
- Ran Florida top-10 6K times for both the South Region and NCAA Championships

Ali Crabb

- Scored for Florida in five of six races
- Earned top-10 finish in first collegiate race
- Ran Florida's top-10 6K times for both South Region and NCAA Championships

Jacy Kruzel

- All-SEC
- Florida's top finisher in four races and finished in the top 10 three times
- Ran a career-best 5K time at the Tiger Invitational, recording the seventh fastest time in school history and earning SEC Athlete of the Week
- Finished 60th at the NCAA Championship, the highest individual finish by a Gator since Kris Jost placed 43rd in 1999
- NCAA Championship time was the fastest 6K time by a Gator in the NCAAs

Rebecca Lowe

- Earned All-SEC and All-South Region honors, the only Gator woman to earn both in

the same year

- Two top-10 finishes
- Scored in every meet and was Florida's second finisher in all but one meet
- Ran a career-best 5K time of 16:59.40, the ninth best 5K time in school history
- Ran a career-best 6K time of 21:10.48 at the South Region to record the eighth-fastest 6K time in school history; time was also second fastest by a Gator on the UF Golf Course
- Ran 21:35.1 at the NCAA Championship to finish 107th and record the second-fastest 6K time ever by a Gator in the NCAAs

Sara Petrick

- All-South Region
- USTFCCCA Academic Honoree
- One top-10 finish
- Scored in four of six races on the season

Lindsay Sundell

- All-South Region
- Earned three top-10 finishes to end career with eight
- Florida's top finisher in two races and scored in every meet
- Ran the best 6K time ever by a Gator on the UF Golf Course at the South Region
- Named SEC Athlete of the Week on Sept. 11



2007 Florida Men's Cross Country Performance Chart

	Mt. Dew Invitational 9/7/07 Gainesville, Fla. 8K	Tiger Invitational 9/29/07 Auburn, Ala. 8K	Pre-NCAA Invitational 10/13/07 Terre Haute, Ind. 8K	SEC Championship 10/27/07 Lexington, Ky. 8K	South Region Championship 11/10/07 Gainesville, Fla. 10K	NCAA Championship 11/19/07 Terre Haute, Ind. 10K
Geoffrey Anderson, Fr.	28:24.47* - 79th (17th)					
Sean Blaney, So.	25:11.69* - 2nd (2nd)	24:15.66* - 7th (3rd)	24:27 - 97th (3rd)	24:39.70 - 12th (2nd)	31:03.90* - 12th (2nd)	DNC
Jeremy Criscione, Jr.	DNC	23:52.69 - 2nd (2nd)	23:39* - 12th (1st)	23:56.28 - 2nd (1st)	30:43.64* - 7th (1st)	31:06.3 - 99th
Jose Garcia, Sr.	25:17.77 - 4th (4th)	24:18.28* - 8th (4th)	24:36 - 111th (5th)	25:23.78 - 33rd (7th)	32:11.77* - 37th (7th)	DNC
Scott Hans, Sr.	25:12.90 - 3rd (3rd)	DNC	DNC	25:07.14 - 24th (5th)	31:22.30* - 20th (4th)	DNC
Steven Hassen, Sr.	DNC	DNC	24:49 - 127th (6th)	25:02.20 - 21st (4th)	31:09.79 - 16th (3rd)	DNC
Matt Hensley, So.	25:47.27 - 12th (8th)	24:55.98* - 15th (8th)	DNC	25:29.19 - 36th (8th)	DNC	DNC
Brian Hoover, Jr.	25:59.68 - 14th (10th)	DNC	DNC	DNC	DNC	DNC
Aaron Kindt, So.	25:40.57 - 10th (7th)	24:46.49* - 14th (7th)	DNC	25:32.28 - 40th (10th)	DNC	DNC
Al Matheny, Jr.	26:21.76 - 17th (12th)	25:26.51* - 28th (10th)	DNC	DNC	DNC	DNC
Jeremy Miller, Sr.	25:35.33 - 7th (5th)	24:22.88* - 9th (5th)	24:50 - 129th (7th)	25:30.58 - 38th (9th)	DNC	DNC
Anthony Morales, Fr.	25:51.11 - 13th (9th)	25:03.93* - 17th (9th)	DNC	DNC	DNC	DNC
Chris Mullaney, Jr.	26:17.87 - 15th (11th)	DNC	DNC	DNC	DNC	DNC
Enoch Nadler, Sr.	24:48.73 - 1st (1st)	23:46.28* - 1st (1st)	23:47 - 24th (2nd)	24:44.55 - 15th (3rd)	31:54.31 - 31st (5th)	DNC
Andrew Revelle, Fr.	26:55.40 - 34th (15th)	25:38.48* - 33rd (11th)	DNC	DNC	DNC	DNC
Kurt Roeser, So.	26:56.56 - 36th (16th)	No longer on team				
Justin Taylor, So.	25:36.31 - 8th (6th)	24:44.82 - 13th (6th)	24:33* - 105th (4th)	25:11.94 - 27th (6th)	32:08.99* - 35th (6th)	DNC
James Uthmeier, So.	26:40.51* - 27th (13th)					
Alex Wills, Fr.	26:47.32 - 29th (14th)	25:47.81* - 38th (12th)	DNC	DNC	DNC	DNC
Team Finish	1st of 16	1st of 16	14th of 40	2nd of 10	3rd of 19	No team score
Team Points	15	24	349	74	82	
Pack Spread	0:46.60	0:36.60	0:57	1:10.88	1:10.67	

* - career best

2007 FLORIDA MEN'S HIGHLIGHTS

TEAM HIGHLIGHTS

- Finished as the SEC runner-up for the second year in a row and the third time in four years
- Finished third at the NCAA South Regional
- One individual qualified for the NCAA Championship
- Won both the Mountain Dew Invitational and the Tiger Invitational; each of the top seven runners finished in the top 10 at the Mt. Dew Invitational, while all five scorers placed in the top 10 at the Tiger Invitational
- Two individuals placed on the All-SEC team, one for the second time and one for the first
- Placed four athletes on the All-South team, one for the third time, one for the second and two for the first
- Opened the season ranked tied for 28th in the USTFCCCA Poll

INDIVIDUAL HIGHLIGHTS

Sean Blaney

- All-SEC and All-South Region; one of only two Gator men to earn both All-SEC and All-South Region honors
- Earned two top-10 finishes
- Ran a career-best 10K time to finish 12th overall at the South Region Championship
- Scored in every meet as Florida's second or third finisher

Jeremy Criscione

- NCAA Championship participant, finishing in a personal-best 99th place
- All-SEC and All-South Region; one of only two Gator men to earn both All-SEC and All-South Region honors
- SEC individual runner-up, posting the best finish by a Gator since Keith Brantly won the meet in 1983
- Florida's top finisher in three meets
- Three top-10 finishes
- Ran the top 8K time in Florida history, finishing 12th overall in the Pre-NCAA Invitational
- Time at the South Regional Championship was the second-fastest 10K run by a Gator on the UF Course

Scott Hans

- All-South Region
- USTFCCCA Academic Honoree
- One top-10 finish
- Ran in three meets and scored in all three

Steven Hassen

- All-South Region
- Earned his second career USTFCCCA Academic honor
- Ran in three meets after battling an injury and scored in two of the three

Enoch Nadler

- Won the first two meets of the season
- Ran a career-best 8K time of 23:46.28, the fifth-fastest 8K time in school history
- Named SEC Athlete of the Week after winning the Mt. Dew Invitational
- Scored in every meet



FLORIDA WOMEN'S HISTORY

Women's All-Time Results

Year	SEC	Region III	NCAA	Coach
1980	---	3rd	DNC	Carol Thomson
1981	---	2nd	7th!	Carol Thomson
1982	---	6th	DNC	Lyle Knudson
1983	2nd	6th	DNC	Lyle Knudson
1984	1st	7th	DNC	Lyle Knudson
1985	6th	9th	DNC	Lyle Knudson
1986	3rd	4th	DNC	Lyle Knudson
1987	3rd	12th	DNC	Beverly Kearney
1988	3rd	6th	DNC	Bernie Dare
1989	T4th	11th	DNC	Bernie Dare
1990	5th	8th	DNC	Monica O'Reilly
1991	6th	12th	DNC	Monica O'Reilly
1992	4th	6th	DNC	J.J. Clark
1993	4th	6th	DNC	J.J. Clark
1994	4th	3rd	20th	J.J. Clark
1995	3rd	3rd	12th	J.J. Clark
1996	1st	5th	DNC	J.J. Clark
1997	1st	1st*	16th	J.J. Clark
1998	2nd	1st^	22nd	J.J. Clark
1999	2nd	2nd^	31st	J.J. Clark
2000	4th	4th^	DNC	J.J. Clark
2001	3rd	8th^	DNC	J.J. Clark
2002	6th	6th^	DNC	Jeff Pigg
2003	8th	7th^	DNC	Jeff Pigg
2004	4th	7th^	DNC	Jeff Pigg
2005	5th	5th^	DNC	Jeff Pigg
2006	4th	2nd^	26th	Jeff Pigg
2007	4th	3rd^	11th	Jeff Pigg

^ - South Region * - District IX ! - AIAW Championship

Gators in the SEC

Year	Champion	UF's Place
1983	Tennessee	2nd
1984	FLORIDA	1st
1985	Kentucky	6th
1986	Alabama	3rd
1987	Alabama	3rd
1988	Kentucky	3rd
1989	Kentucky	t4th
1990	Tennessee	5th
1991	Arkansas	6th
1992	Arkansas	4th
1993	Arkansas	4th
1994	Arkansas	4th
1995	Arkansas	3rd
1996	FLORIDA	1st
1997	FLORIDA	1st
1998	Arkansas	2nd
1999	Arkansas	2nd
2000	Arkansas	4th
2001	Arkansas	3rd
2002	Arkansas	6th
2003	Tennessee	8th
2004	Tennessee	4th
2005	Tennessee	5th
2006	Arkansas	4th
2007	Arkansas	4th

SEC Team Champions - 1984, 1996, 1997

SEC Individual Champions - Shelly Steely, 1984;
Tricia Clifford, 1986; Becki Wells, 1995 and 1996

Florida Distance All-Americans

Cross Country

Beth Farmer	1982, 83
Wendy Frazier	1990
Shelly Steely	1982, 84
Coralena Velsen	1991
Becki Wells	1995

Indoor Track

Joan Hammeren	1987
Susan Nash	1986
Gina Procaccio	1983, 84
Jessica Scafidi	1994
Shelly Steely	1985
Coralena Velsen	1992
Becki Wells	1996, 97

Outdoor Track

Beth Farmer	1982, 83, 84
Rebecca Lowe	2008
Erin Merten	2001
Shelly Steely	1984, 85
Coralena Velsen	1992
Becki Wells	1996, 97
Marny Westphal	1993



Beth Farmer



Shelly Steely



Joan Hammeren



Becki Wells



Gina Procaccio

All-America Awards listed are for distance events of 1,500m and up. Additional student-athletes may have earned additional awards for relays or events less than 1,500m.



FLORIDA WOMEN'S HISTORY

RECORD BOOK

Only runners' top times appear

University of Florida Records - All Courses

5K		
15:51	Shelly Steely	1984
16:26	Beth Farmer	1983
16:31	Tricia Clifford	1986
16:43	Chris Durstein	1986
16:44	Nancy Freeman	1986
16:46	Gina Procaccio	1983
16:57.44	Jacy Kruzel	2007
16:59	Joan Hammeren	1986
16:59.4	Rebecca Lowe	2007
17:03	Sharon Chiong	1985

6K		
19:44.04	Erin Merten	2001
20:23.86	Lindsay Sundell	2006
20:35.02	Nona Allen	2001
20:36.15	Jacy Kruzel	2005
20:50.69	Kristen Johnson	2005
20:52.39	Jessica Newton	2001
21:08.62	Kelly Walker	2001
21:10.48	Rebecca Lowe	2007
21:10.73	Kathryn Kramer	2006
21:15.12	Melissa DeLeon	2001

University of Florida Records - UF Golf Course

5K		
17:14.7	Coralena Velson	10/29/90
17:23.5	Becki Wells	10/7/95
17:36.54	Lindsay Sundell	9/16/06
17:36.8	Wendy Frazier	10/29/90
17:40.4	Marny Westphal	10/29/90
17:47.2	Kim Fisher	10/9/93
17:47.97	Kristen Johnson	9/16/06
17:48.84	Ali Crabb	9/7/07
17:49.2	Jennifer McGranahan	9/10/98
17:51	Nancy Freeman	9/19/87

6K		
21:00.78	Lindsay Sundell	11/10/07
21:10.48	Rebecca Lowe	11/10/07
21:36.36	Sara Petrick	11/10/07
21:37.83	Carling Cookerly	10/05/02
21:49.44	Jacy Kruzel	11/12/05
21:50.06	Ali Crabb	11/10/07
21:54.63	Alison Babb	11/10/07
21:55.82	Kristen Johnson	11/10/07
22:00.87	Louise Moersch	10/5/02
22:07.36	Hilary White	9/20/00

All-Time Records - UF Golf Course

5K			
16:45.1	Patty Weigand	Tenn.	10/29/90
16:51.6	Kelly Butler	Georgia	10/29/90
17:08	Shelly Steely	Unatt.	10/15/88
17:14.7	Coralena Velson	Florida	10/29/90
17:19.6	Megan Thompson	Tenn.	10/29/90
17:22	Jasmin Jones	Tenn.	10/29/90
17:23.5	Becki Wells	Florida	10/7/95
17:24.1	Joanne Birkett	Georgia	10/29/90
17:30	Frida Thorardottir	Georgia	10/29/90
17:31	Celeste Susnis	Tenn.	10/29/90

6K			
19:50.16	Shannon Womack	Tenn.	11/12/05
20:14.83	Angela Homan	Auburn	11/12/05
20:16.39	Lauren Blankenship	Samford	11/12/05
20:19.01	Susan Kuijken	FSU	11/10/07
20:32.41	Melanie Schultz	Miami	11/12/05
20:35.69	Barbara Parker	FSU	11/10/07
20:43.47	Felicia Guilford	Tenn.	11/12/05
20:44.93	Sonja Friend-Juhl	Asics	9/30/00
20:45.04	Lauren Burks	Georgia	11/12/05
20:48.55	Hannah England	FSU	11/10/07

University of Florida - Postseason SEC Championships - 5K

17:04	Becki Wells (1)	1996
17:14.7	Coralena Velson (3)	1990
17:22.6	Beth Farmer (4)	1983
17:27	Joan Hammeren (14)	1985
17:30	Kim Fisher (5)	1995
17:30.8	Gina Procaccio (6)	1983
17:36.8	Wendy Frazier (11)	1990
17:36.82	Beth Reed (6)	1998
17:38.3	Jennifer McGranahan (6)	1997
17:39	Marny Westphal (10)	1993

SEC Championships - 6K

19:44.04	Erin Merten (4)	2001
20:23.86	Lindsay Sundell (8)	2006
20:35.02	Nona Allen (17)	2001
20:36.15	Jacy Kruzel (15)	2005
20:50.69	Kristen Johnson (22)	2005
20:52.39	Jessica Newton (27)	2005
21:08.62	Kelly Walker (33)	2001
21:09.84	Jamie Geissler (24)	2006
21:10.73	Kathryn Kramer	2006
21:15.12	Kelly DeLeon (37)	2001

District III - 5K

15:56	Shelly Steely (1)	1984
17:07	Coralena Velsen (1)	1992
17:10.35	Kris Jost (7)	1999
17:11	Marny Westphal (4)	1993
17:13.2	Beth Farmer (5)	1983
17:16.2	Becki Wells (1)*	1997
17:18	Kim Fisher (2)	1994
17:20.5	Beth Reed (3)^	1998
17:24.54	Hazel Clark (5)^	1998
17:28.34	Tamieka Grizzle (13)	1999

* - District IX

^ - South Regional

NCAA South Region - 6K

21:00.78	Lindsay Sundell (10)	2007
21:10.48	Rebecca Lowe (12)	2007
21:34.66	Erin Merten (16)	2000
21:36.36	Sara Pertick (23)	2007
21:37.9	Jamie Geissler (16)	2004
21:42.67	Hilary White (21)	2000
21:49.44	Jacy Kruzel (26)	2005
21:50.06	Ali Crabb (27)	2007
21:54.63	Alison Babb (28)	2007
21:55.82	Kristen Johnson (29)	2007

NCAA Championships - 5K

16:22.2	Shelly Steely (2)	1984
17:16	Coralena Velson (20)	1991
17:21	Jennifer McGranahan (36)	1997
17:22.2	Beth Farmer (26)	1983
17:32	Becki Wells (12)	1995
17:42.2	Kris Jost (43)	1999
17:53	Marney Westphal (86)	1993
17:59	Beth Reed (99)	1997
18:11.52	Hazel Clark (93)	1998
18:14.4	Patrice Kuntz (55)	1994

NCAA Championship - 6K

21:15.5	Jacy Kruzel (60)	2007
21:35.1	Rebecca Lowe (107)	2007
21:36.6	Alison Babb (110)	2007
21:42.2	Lindsay Sundell (118)	2007
21:48.4	Ali Crabb (137)	2007
22:00.6	Sara Petrick (163)	2007
22:11.4	Kristen Johnson (178)	2007
22:17.5	Jamie Geissler (119)	2006
22:32.7	Kathryn Kramer (155)	2006
22:40.1	LeeAnn Nawrocki (170)	2006



Shelly Steely, one of three Florida SEC Champions, holds the UF record for 5K races. She was inducted into the F Club Hall of Fame in April of 2006.



FLORIDA WOMEN'S HISTORY

Year-by-Year Top Postseason Finishers SEC Championships

2007	Jacy Kruzel (8)	21:12.49
2006	Lindsay Sundell (8)	20:23.86
2005	Jacy Kruzel (15)	20:36.15
2003	Jamie Geissler (19)	21:45.66
2002	Louise Moersch (15)	22:17.28
2001	Erin Merten (4)	19:44.04
2000	Hilary White (16)	22:03.37
1999	Kris Jost (6)	17:55.7
1998	Beth Reed (6)	17:36.82
1997	Becki Wells (2)	17:08.8
1996	Becki Wells (1)	17:16
1995	Becki Wells (1)	17:16
1994	Kim Fisher (8)	17:50
1993	Marny Westphal (10)	17:39
1992	Coralena Velsen (5)	18:26
1991	Coralena Velsen (2)	17:57
1990	Coralena Velsen (3)	17:14.7
1989	Coralena Velsen (10)	17:39
1988	Laura Matson	18:13.43
1987	Joan Hammeren (7)	17:47
1986	Tricia Clifford (1)	17:57
1985	Sharon Chiong (7)	17:07
1984	Shelly Steely (1)	15:55
1983	Beth Farmer (4)	17:22.6

(The SEC began women's cross country championships in 1983.)

District III/South Region

2007	Lindsay Sundell (10)	21:00.78
2006	Lindsay Sundell (5)	21:27.8
2005	Lindsay Sundell (16)	21:33.95
2004	Jamie Geissler (16)	21:37.9
2003	Carling Cookerly (32)	21:56.29
2002	Mallory Dunn (31)	23:14.74
2001	Erin Merten (20)	22:08.37
2000	Erin Meten (16)	21:34.66
1999	Kris Jost (7)	17:10.35
1998	Beth Reed (3)	17:20.5
1997	Becki Wells (1)	17:16.2^
1996	Becki Wells (8)	17:30
1995	Becki Wells (3)	18:02
1994	Kim Fisher (2)	17:18
1993	Marny Westphal (4)	17:11
1992	Coralena Velsen (1)	17:07
1991	Coralena Velsen (4)	17:23
1990	Coralena Velsen (6)	17:25
1989	Coralena Velsen (15)	17:36
1988	Wendy Frazier (23)	18:24
1987	Kristin Ihle (28)	18:37
1986	Joan Hammeren (15)	17:45
1985	Sharon Chiong (27)	18:08
1984	Shelly Steely (1)	16:56
1983	Beth Farmer (5)	17:13.2
1982	Beth Farmer (13)	17:24
1981	Shelly Steely	
1980	Shelly Steely (2)	18:27

South Region began in 1998.

^ - District IX

NCAA Championships

2007	Jacy Kruzel (60)	21:15.5
2006	Jacy Kruzel (71)	21:52.5
1999	Kris Jost (43)	17:42.2
1998	Jazel Clark (93)	18:11.52
1997	J. McGranahan (36)	17:21
1995	Becki Wells (12)	17:32
1994	Patrice Kuntz (55)	18:14
1993	Marny Westphal (86)	17:53
1992	Coralena Velsen (43)	18:10.06
1991	Coralena Velsen (20)	17:16
1990	Coralena Velsen (76)	17:33
1984	Shelly Steely (2)	16:22.2
1983	Beth Farmer (36)	17:22.2
1982	Beth Farmer (11)	17:22.5
1981	Shelly Steely (9)	18:13
1980	Shelly Steely (46)	18:03

Florida Indoor Track Distance Records

Mile

4:33.04	Becki Wells	1997
4:41.99	Kim Fisher	1996
4:42.03	Marny Westphal	1993
4:44.57	Shelly Steely	1985
4:44.76	Erin Merten	2002
4:45.45	Joan Hammeren	1987
4:45.45	Laura Matson	1988
4:46.74	Norma Vega	2002
4:47.21	Coralena Velsen	1992
4:49.17	Susan Nash	1988

3,000m

9:09.02	Shelly Steely	1985
9:18.37	Beth Farmer	1984
9:19.61	Coralena Velsen	1993
9:20.1	Joan Hammeren	1987
9:22.26	Wendy Frazier	1991
9:23.50	Becki Wells	1997
9:27.8	Tracia Clifford	1987
9:28.88	Nancy Freeman	1987
9:30.66	Lindsay Sundell	2007
9:36.38	Jessica Scafidi	1994

5,000m

16:24.4	Tricia Clifford	1987
16:27.07	Rebecca Lowe	2008
16:31.7	Beth Farmer	1985
16:40.79	Jacy Kruzel	2008
16:43.56	Wendy Frazier	1991
16:48.62	Nancy Freeman	1987
16:50.63	Patrice Kuntz	1997
17:10.54	Ramona Saridakis	2000
17:11.44	Beth Gamber	1989
17:15.23	Jennifer McGranahan	1999

Florida Outdoor Track Distance Records

1,500m

4:12.84	Becki Wells	1997
4:16.11	Hazel Clark	1999
4:16.40	Shelly Steely	1984
4:20.56	Laura Matson	1988
4:20.76	Kim Fisher	1995
4:21.17	Marny Westphal	1994
4:21.6	Gina Procaccio	1984
4:21.73	Joan Hammeren	1987
4:22.04	Coralena Velsen	1991
4:22.49	Erin Merten	2001

3,000m

9:03.86	Shelley Steely	1984
9:18.76	Coralena Velsen	1991
9:19.37	Beth Farmer	1983
9:23	Laura Matson	1988
9:27.82	Joan Hammeren	1987
9:29.44	Wendy Frazier	1990
9:31.08	Kim Fisher	1995
9:33.09	Patrice Kuntz	1995
9:38.09	Tricia Clifford	1987
9:43.18	Megan Newcome	1998

3,000m Steeplechase

10:07.25	Lindsay Sundell	2007
10:42.82	Mason Cathey	2002
10:48.78	Kathryn Kramer	2007
11:02.77	LeeAnn Nawrocki	2006
11:06.37	Jessica Newton	2003
11:08.96	Hilary White	2001
11:19.22	Elly Kabboord	2004
11:36.81	Kirsten Johnson	2005
11:50.11	Diane Avigne	2003
11:54.92	Erica Feltz	2002

5,000m

15:40.97	Shelly Steely	1984
15:50.73	Rebecca Lowe	2008
16:07.8	Beth Farmer	1984
16:09.21	Wendy Frazier	1991
16:12.2	Tricia Clifford	1987
16:34.09	Patrice Kuntz	1995
16:37.85	Lindsay Sundell	2007
16:42.99	Jacy Kruzel	2008
19:49.53	Becki Wells	1997
16:52.81	Kristen Johnson	2006

10,000m

32:49.1	Beth Farmer	1983
34:13.07	Rebecca Lowe	2008
34:22.7	Nancy Freeman	1987
34:23.5	Shelly Steely	1985
34:57.88	Jacy Kruzel	2006
34:58.43	Chris Durstein	1987
35:07.74	Beth Gamber	1989
35:33.72	Sara Petrick	2008
35:37.76	Ali Crabb	2008
35:38.26	Patrice Kuntz	1997



FLORIDA WOMEN'S HISTORY

All-Time Top 10 Individual Finishers

Beth Farmer	25
Coralena Velsen	24
Shelly Steely	23
Kim Fisher	20
Gina Procaccio	19
Marny Westphal	17
Erin Merten	13
Beth Reed	12
Patrice Kuntz	11
Jessica Scafidi	11
Donna Campbell	10
Hazel Clark	10
Wendy Frazier	9
Megan Newcome	9
Carling Cookerly	9
Nona Allen	8
Tamieka Grizzle	8
Ramona Saridakis	8
Lindsay Sundell	8
Becki Wells	8
Chris Durstein	7
Nancy Freeman	7
Joan Hammeren	7
Denise Marini	7
Jennifer McGranahan	7
Beth Adkins	6
Beth Gamber	6
Shannon Grady	6
Christina Starr	6
Sally Thomas	6
Sharon Chiong	5
Carla Dolder	5
Jamie Geissler	5
Laura Matson	5
Renee McManus	5
Kathryn Crissman	4
Mary Dougherty	4
Kristen Johnson	4
Jacy Kruzal	4
Susie Thomas	4
Kelly Walker	4
Heather Williams	4
Jill Cadess	3
Tricia Clifford	3
Devin Gapstur	3
Carrie Groth	3
Kristin Ihle	3
Eliana Lopez	3
Tutita Perez	3
Michelle Sica	3
Kathy Welsh	3
Hilary White	3
Sonja Braasch	2
Alyson Butterfield	2
Maarie Candalino	2
Mason Cathey	2
Carmen Gardner	2
Kris Jost	2
Kathryn Kramer	2
Rebecca Lowe	2
32 athletes	1

Current athletes with one top-10 career finish include: **LeeAnn Nawrocki, Julie Northrup, Ali Crabb, Hailey Neal and Sara Petrick**

All-Southeastern Conference

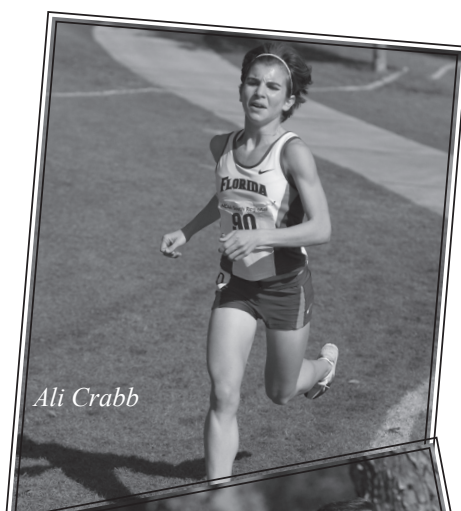
Sharon Chiong	1985
Tricia Clifford	1986
Hazel Clark	1995, 96, 97, 98
Beth Farmer	1983, 84
Kim Fisher	1992, 94, 95
Nancy Freeman	1986
Tamieka Grizzle	1998
Joan Hammeren	1987
Jacy Kruzal	2005, 07
Patrice Kuntz	1994, 95, 96
Kris Jost	1999
Rebecca Lowe	2007
Jennifer McGranahan	1997, 98
Erin Merten	2001
Louise Moerch	2002
Megan Newcome	1996
Gina Procaccio	1983
Beth Reed	1997, 98
Ramona Saridakis	1997
Christina Starr	1997, 98
Shelly Steely	1983, 84
Lindsay Sundell	2006
Coralena Velsen	1989, 90, 91, 92
Becki Wells	1995, 96, 97
Marny Westphal	1992, 93

All-South Region

Hazel Clark	1997, 98
Jamie Geissler	2004, 06
Tamieka Grizzle	1998, 99
Kristen Johnson	2004, 06
Kris Jost	1999
Patrice Kuntz	1996
Kathryn Kramer	2006
Jacy Kruzal	2006
Rebecca Lowe	2007
Jennifer McGranahan	1998, 99
Sara Petrick	2007
Beth Reed	1997, 98
Ramona Saridakis	1997, 99
Christina Starr	1997, 98
Lindsay Sundell	2005, 06, 07
Becki Wells	1996, 97

USTFCCCA All-Academic Award

Sara Petrick	2007
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The 2007 women's team at the NCAA South Regional Meet, where they placed third overall.



FLORIDA MEN'S HISTORY

Men's All-Time Results				
Year	SEC	Region III	NCAA	Coach
1975	T3rd	4th	DNC	Roy Benson
1976	5th		DNC	Roy Benson
1977	5th	16th	DNC	Roy Benson
1978	4th		DNC	John Randolph
1979	3rd	5th	24th	John Randolph
1980	3rd		DNC	John Randolph
1981	4th	13th	DNC	John Randolph
1982	2nd	5th	DNC	John Randolph
1983	2nd	6th	DNC	John Randolph
1984	2nd	5th	DNC	John Randolph
1985	3rd	7th	DNC	Joe Walker
1986	1st	1st	8th	Joe Walker
1987	1st	7th	DNC	John Webb
1988	5th	5th	DNC	John Webb
1989	6th	11th	DNC	John Webb
1990	3rd	1st	6th	John Webb
1991	4th	5th	DNC	John Webb
1992	4th	9th	DNC	John Webb
1993	4th	2nd	21st	John Webb
1994	5th	30th	DNC	John Webb
1995	4th	16th	DNC	Doug Brown
1996	7th	22nd	DNC	Doug Brown
1997	3rd	2nd	22nd	Doug Brown
1998	3rd	4th	DNC	Doug Brown
1999	4th	4th	DNC	Doug Brown
2000	3rd	3rd	DNC	Doug Brown
2001	4th	5th	DNC	Doug Brown
2002	3rd	3rd	DNC	Jeff Pigg
2003	3rd	3rd	DNC	Jeff Pigg
2004	2nd	2nd	27th	Jeff Pigg
2005	3rd	3rd	23rd	Jeff Pigg
2006	2nd	3rd	22nd	Jeff Pigg
2007	2nd	3rd	DNC	Jeff Pigg

Gators in the SEC					
Year	Champion	UF	Year	Champion	UF
1935	Georgia Tech	*	1980	Auburn	3rd
1936	Georgia Tech	*	1981	Tennessee	4th
1937	Georgia Tech	*	1982	Tennessee	2nd
1938	Georgia Tech	*	1983	Tennessee	2nd
1939	Georgia Tech	*	1984	Tennessee	2nd
1940	Georgia Tech	3rd	1985	Tennessee	T3rd
1941	Mississippi St.	*	1986	FLORIDA	1st
1942	Georgia Tech	*	1987	FLORIDA	1st
1943-45	No Meet	--	1988	Kentucky	5th
1946	Auburn	4th	1989	Tennessee	6th
1947	Georgia Tech	*	1990	Tennessee	3rd
1948	Auburn	*	1991	Arkansas	4th
1949	Tennessee	4th	1992	Arkansas	4th
1950	Tennessee	4th	1993	Arkansas	4th
1951	Tennessee	*	1994	Arkansas	5th
1952	Tennessee	3rd	1995	Arkansas	4th
1953	Georgia Tech	3rd	1996	Arkansas	7th
1954	Georgia Tech	4th	1997	Arkansas	3rd
1955	Auburn & FLORIDA		1998	Arkansas	3rd
1956	Tennessee	4th	1999	Arkansas	4th
1957	Mississippi St.	3rd	2000	Arkansas	3rd
1958	Kentucky	4th	2001	Arkansas	4th
1959	Kentucky	*	2002	Arkansas	3rd
1960	Mississippi St.	*	2003	Arkansas	3rd
1961	Mississippi St.	*	2004	Arkansas	2nd
1962	Mississippi St.	*	2005	Arkansas	3rd
1963	Tennessee	3rd	2006	Arkansas	2nd
1964	Auburn	3rd	2007	Arkansas	2nd
1965	Tennessee	5th	SEC Team Champions - 1955, 1986, 1987		
1966	Tennessee	2nd			
1967	Tennessee	2nd	SEC Individual Champions - Don Gagon, 1955; Frank Lagotic, 1967; Keith Brantly, 1983		
1968	Tennessee	3rd			
1969	Tennessee	2nd			
1970	Kentucky	5th			
1971	Tennessee	5th			
1972	Tennessee	4th			
1973	Alabama	4th			
1974	Tennessee	3rd			
1975	Tennessee	T3rd			
1976	Tennessee	5th			
1977	Tennessee	5th			
1978	Tennessee	4th			
1979	Auburn	3rd			

Florida Distance All-Americans

Cross Country		Indoor Track		Outdoor Track	
Mike Bilyeu	1986	Stephen Adderley	1992, 93	Stephen Adderley	1992
Mike Blaney	1986	Keith Brantly	1982	Mike Blaney	1986
Robert Blount	1967	Chris Duncan	2000	Keith Brantly	1983, 84
Keith Brantly	1983	Andrzej Jakubiec	1995	Chris Duncan	2002
Dan Middleman	1990	Donnell Johnson	1995	Lewis Lacy	1993
Mike Mykytok	1991	Lewis Lacy	1992, 93	Dan Middleman	1992
<div>UF Olympians</div>		Dan Middleman	1992	Marny Westphal	1993
		Mike Mykytok	1994	Mike Mykytok	1991, 92
		Eamonn O’Keefe	1970, 72	Tom Nohilly	1989
		Jeff Pigg	1986	Daniel Parker	2004
		Jeremy Stallings	1997	Shane Stroup	2005

All-America Awards listed are for distance events of 1,500m and up. Additional student-athletes may have earned additional awards for relays or events less than 1,500m.



RECORD BOOK

Only runners' top times appear

University of Florida Records - All Courses

5-mile

23:48	Jeremy Criscione	9/29/06
23:53	Henok Lechebo	9/30/05
23:57.8	Mike Bilyeu	10/6/84
23:59	John Rogers	10/6/78
23:59	Steve Zieminski	10/1/04
24:06.7	Keith Brantly	11/5/83
24:07	Jeff Pigg	11/8/85
24:09.2	John Rogerson	11/6/84
24:10	Robert Blount	11/6/76
24:10.7	Bill Cason	11/6/84

8K

23:39	Jeremy Criscione	10/13/07
23:40.7	Keith Brantly	9/24/83
23:42.6	Steve Sieminski	10/30/04
23:46.17	Chris Wilson	10/20/93
23:46.38	Enoch Nadler	9/29/07
23:46.4	Mike Blaney	10/25/86
23:47.56	Henok Lechebo	10/30/04
24:01	Jon Harris	10/25/86
24:03.9	Jeff Pigg	10/25/86
24:05.04	Cory Presnick	10/30/04

10K

29:19.2	Keith Brantly	11/12/83
29:19.67	Robert Blount	11/22/76
29:24.1	John Rogerson	11/12/83
29:35.86	Steve Ziemenski	11/13/04
29:36.86	Henok Lechebo	11/13/04
29:45.7	David Strahl	11/12/83
29:48	John Rogers	1977
29:48	Dan Middleman	11/19/90
29:52	Kevin Holzwar	10/18/75
30:12	Par Wallin	11/8/75

University of Florida Records - UF Golf Course

5-mile

24:34	Keith Brantly	1981
24:39.8	Mike Mykytok	10/13/90
24:44	Marty Beauchamp	1981
24:47.6	Bernard Kuria	10/7/95
24:48.5	Mike LeValle	10/15/88
24:49.2	Mark Sheehan	10/23/82
24:51.6	John Rogerson	10/19/84
24:52.5	Tom Nohilly	10/15/88
24:58.9	Randy Hollinger	10/7/95
25:07	Andre Jakubiec	9/8/94
25:07	Bob Braman	10/6/79

8K

23:46.4	Mike Blaney	10/26/86
23:53.1	Henok Lechebo	9/9/05
24:01.1	Jon Harris	10/26/86

24:03.9	Jeff Pigg	10/26/86
24:06.6	Oscar Sosa	10/26/86
24:11.87	Steven Hassen	9/9/05
24:21.69	Jeremy Criscione	9/9/05
24:22	Enoch Nadler	9/9/05
24:23.6	Sean Donavon	10/26/86
124:27.5	Mike Bilyeu	10/26/86

10K

30:34.07	Henok Lechebo	11/12/05
30:43.64	Jeremy Criscione	11/10/07
30:53	John Rogers	10/21/78
30:53.36	Daniel Parker	11/12/05
31:03	Joe Weston	10/08/77
31:03.9	Sean Blaney	11/10/07
31:06.45	Steven Hassen	11/12/05
31:08	Mike Murphy	10/21/78
31:14	Curt Luster	10/21/78
31:18	Harry Vaughn	10/08/77

All-Time Records - UF Golf Course

5-mile

24:14	Rickey Pittman	Tenn.	1981
24:34	Keith Brantly	Florida	1981
24:34.8	Mike Mykytok	Power Bar	10/7/95
24:47.6	Bernard Kuria	Florida	10/7/95
24:48.5	Mike LeValle	Florida	10/15/88
24:24.2	Mark Sheehan	Florida	10/23/82
24:44	Marty Beauchamp	Florida	1981
24:51.6	John Rogerson	Florida	10/19/84
24:52.5	Tom Nohilly	Florida	10/15/88
24:55.84	Aaron Ramirez	Florida	10/7/89

8K

23:34	Brian Jaeger	Auburn	10/25/86
23:46.4	Mike Blaney	Florida	10/25/86
23:53.81	Henok Lechebo	Florida	9/9/05
23:55.6	Paul Waldrom	Adidas	10/25/86
24:00	Matt Parker	Auburn	10/25/86
24:01.1	Jon Harris	Florida	10/25/86
24:03.9	Jeff Pigg	Florida	10/25/86
24:05.18	David Kimani	Alabama	11/4/02
24:06	Todd Williams	Tenn.	10/29/90
24:06.3	Terry Thorton	LSU	10/29/90

10K

29:24	Ken Misner	Athl. Attic	10/8/77
29:31.7	Tonny Okello	S. Ala	11/12/05
29:42.22	Andrew Lemoncello	FSU	11/12/05
29:53.18	Zach Sabtino	Tenn.	11/12/05
30:01.11	Augustus Maiyo	Alabama	11/12/05
30:05.48	Felix Kibioywo	Auburn	11/10/07
30:07.98	Vincent Rono	S. Ala	11/12/05
30:10.23	Emmanuel Bor	Alabama	11/10/07
30:18.9	Abraham Kutingala	Alabama	11/12/05
30:21.24	Andrew Kirwa	Alabama	11/10/07

University of Florida - Postseason

SEC Championships - 5-mile

24:06.7	Keith Brantly (1)	1983
24:07	Jeff Pigg (5)	1985
24:10	Robert Blount (4)	1976
24:20	Bill Cason (4)	1984
24:20	Mike Blaney (8)	1985
24:20.3	John Rogerson (5)	1983
24:35.7	David Strahl (6)	1983
24:39	Keith Brantly (4)	1981
24:42	Mike Bilyeu (12)	1984
24:50	Stevey Conway (18)	1985

SEC Championships - 8K

23:42.6	Steve Zieminski (6)	2004
23:46.17	Chris Wilson (8)	1993
23:47.56	Henok Lechebo (8)	2004
23:56.28	Jeremy Criscione (2)	2007
24:05.4	Cory Presnick (13)	2004
24:15.12	Calvin Whitaker (15)	1993
24:15.65	Shane Stroup (17)	2004
24:20.29	Donnell Johnson (17)	1993
24:30.02	Randy Hollinger (22)	1993
24:33.65	Eric Rasmussen (23)	1993

District III - 10K

29:19.2	Keith Brantly (10)	1983
29:24.1	John Rogerson (15)	1983
29:41	Robert Blount (7)	1975
29:35.86	Steve Zieminski (1)*	2004
29:36.38	Henok Lechebo (2)*	2004
29:45.7	David Strahl (25)	1983
29:48	John Rogers (28)	1977
29:59	Kevin Holzwar (10)	1975
30:12	Par Wallin (15)	1975
30:13.13	Rob Evans (10)*	1999

* - South Region

NCAA Championships - 10K

29:19.67	Robert Blount (30)	1976
29:48	Dan Middleman (13)	1990
30:20	Mike LeValle (4)	1990
30:20	Mike Mykytok (42)	1990
30:37.5	Keith Brantly (32)	1983
30:44	Chris Wilson (70)	1990
31:00.6	John Rogerson (69)	1984
31:01.5	Jeremy Criscione (112)	2005
31:03.6	Mike Murphy (105)	1979
31:13	Henok Lechebo (127)	2005



FLORIDA MEN'S HISTORY

Year-by-Year Top Postseason Finishers SEC Championships

2007	Jeremy Criscione (2)	23:56.28
2006	Jeremy Criscione (11)	24:31.6
2005	Henok Lechebo (9)	23:33.99
2004	Steve Zieminski (6)	23:42.6
2003	Cory Presnick (12)	25:36.14
2002	Steve Zieminski (11)	25:38.48
2001	Rolando Ortiz (13)	24:54.54
2000	Chris Duncan (7)	25:11.91
1999	Chris Duncan (17)	25:54.3
1998	Rob Evans, (10)	25:23.22
1997	Stephen Smeyak (12)	25:06.3
1996	Jeremy Stallings (29)	26:00.1
1995	Donnell Johnson (18)	25:21
1994	Randy Hollinger (12)	25:06.8
1993	Chris Wilson (8)	23:46
1992	Chris Wilson (14)	25:53.7
1991	Mike Mykytok (10)	25:20
1990	Mike LeValle (6)	24:44.5
1989	Dan Middleman (4)	24:40
1988	Tom Nohilly (11)	24:37.97
1987	Mike Bilyeu (3)	24:43
1986	Mike Blaney (3)	25:30
1985	Jeff Pigg (5)	24:07
1984	Bill Cason (4)	24:20
1983	Keith Brantly (1)	24:06.7
1982	Keith Brantly (3)	24:38.4
1981	Keith Brantly (4)	24:39
1979	Curt Luster (10)	26:06.7
1978	Curt Luster (16)	25:12
1977	John Rogers (16)	26:16
1976	Robert Blount (4)	24:10
1975	Robert Blount (4)	24:51

District III/South Region

2007	Jeremy Criscione (7)	30:43.64
2006	Steven Hassen (8)	31:27.2
2005	Henok Lechebo (9)	30:34.07
2004	Steve Zieminski (1)	29:35.86
2003	Steve Zieminski (6)	30:27.99
2002	Cory Presnick (12)	32:48.65
2001	Rolando Ortiz (8)	31:23.27
2000	Chris Duncan (7)	31:21.04
1999	Rob Evans (10)	30:13.13
1998	Rob Evans (13)	31:47.12
1997	Stephen Smeyak (19)	31:49.20^
1996	Jeremy Stallings (73)	31:53
1995	Randy Hollinger (64)	33:28
1994	Randy Hollinger (30)	31:36
1993	Chris Wilson (10)	30:56
1992	Chris Wilson (18)	30:58
1991	Mike Mykytok (6)	30:47
1990	Mike Mykytok (7)	30:31
1989	Dan Middleman (12)	30:35
1988	Tom Nohilly (13)	30:30
1987	Mike Bilyeu (20)	31:05
1986	Mike Blaney (6)	30:17
1985	Mike Blaney (18)	30:54
1984	John Rogerson (9)	30:23
1983	Keith Brantly (10)	29:19.2

1982	Keith Brantly	
1981	Keith Brantly (35)	31:06
1979	John Rogers (38)	31:21
1977	Curt Luster (85)	30:54
1976	Robert Blount (5)	29:19.67
1975	Robert Blount (7)	29:41

South Regional began in 1998.

NCAA Championships

2007	Jeremy Criscione (99)	31:06.3
2006	Scott Hans (61)	32:08.3
2005	Jeremy Criscione (112)	31:01.5
2004	Steve Zieminski (75)	32:21.4
2003	Steve Zieminski (174)	31:29.4
2001	Rolando Ortiz (164)	31:38
2000	Chris Duncan (174)	32:21.4
1999	Rob Evans (160)	32:51.9
1997	Rob Evans (99)	31:47
1993	Chris Wilson (91)	31:28.1
1991	Nike Mykytok (27)	31:13
1990	Dan Middleman (13)	29:48
1988	Tom Nohilly (13)	33:05
1986	Mike Blaney (22)	31:29.34
1984	John Rogerson (69)	31:00.6
1983	Keith Brantly (32)	30:37.5
1982	Keith Brantly (42)	31:13.1
1979	Mike Murphy (105)	31:03.6
1976	Robert Blount (20)	29:30

Florida Indoor Track Distance Records

Mile

4:00.34	Wesley Maiyo	1977
4:00.68	Andrzej Jakubiec	1995
4:01.21	Shane Stroup	2006
4:01.79	Jeff Pigg	1986
4:01.94	Tom Nohilly	1989
4:02.06	Steve Zieminski	2005
4:02.75	Chris Duncan	2002
4:03.37	Donnell Johnson	1996
4:04.12	Moise Joseph	2001
4:04.22	Jeremy Stallings	1997

3,000m

7:58.23	Dan Middleman	1992
8:00.04	Keith Brantly	1982
8:08.01	Stephen Zieminski	2005
8:09.19	Mike Williams	1993
8:09.41	Mike Mykytok	1992
8:09.64	Mark Sheehan	1983
8:10.46	Henok Lechebo	2005
8:12.59	Daniel Parker	2004
8:13.04	Steve Conway	1987
8:13.15	Chris Duncan	2002

5,000m

13:59.52	Mike Mykytok	1994
13:59.53	Dan Middleman	1992
14:05.56	Mike Bilyeu	1988
14:08.81	Keith Brantly	1982
14:11.77	Steven Hassen	2006
14:20.6	Steve Zieminski	2005

14:24.69	Enoch Nadler	2007
14:25.33	Jeremy Criscione	2008
14:25.66	Mike Blaney	1986
14:27.12	Mike LeValle	1989

Florida Outdoor Track Distance Records

1,500m

3:38.57	Shane Stroup	2005
3:41.04	Jeff Pigg	1987
3:43.3	Andrzej Jakubiec	1994
3:43.48	Chuck Broughton	1980
3:43.92	David Strahl	1983
3:44.43	Wesley Maiyo	1977
3:44.71	Chris Duncan	2002
3:45.14	George Bridges	1974
3:45.21	Steve Zieminski	2003
3:45.45	Scott Peters	1992

3,000m Steeplechase

8:38.59	Chris Duncan	2002
8:38.92	Tom Nohilly	1988
8:39.11	Dan Middleman	1992
8:40.74	Steve Zieminski	2003
8:41.13	Todd Sinclair	1983
8:50.07	Ryder Leary	2007
8:51.54	John Parker	1970
8:52.65	Kevin Holzwart	1976
8:54.34	Enoch Nadler	2007
8:54.38	Daniel Parker	2004

5,000m

13:51.30	Dan Middleman	1989
13:53.62	Keith Brantly	1984
14:02.59	Mike Mykytok	1992
14:03.44	Bill Casson	1985
14:05.74	Steve Conway	1987
14:08.54	John Rogerson	1984
14:08.66	Mike LeValle	1989
14:09.04	Daniel Parker	2003
14:11.10	Mike Blaney	1986
14:14.10	Vince Cartier	1975

10,000m

28:31.21	Keith Brantly	1982
28:52.94	Mike Blaney	1986
28:57.86	Mike Mykytok	1991
29:04.00	John Rogerson	1983
29:11.82	Bernard Kuria	1995
29:13.00	Mike LeValle	1989
29:21.84	Robert Blount	1976
29:53.83	Bill Cason	1985
29:58.14	Mike Murphy	1980
30:06.14	John Rogers	1981



FLORIDA MEN'S HISTORY

All-Time Top 10 Individual Finishers

Mike Mykytok	18
Mike Blaney	17
Chris Wilson	17
Mike Levalle	16
Keith Brantly	15
Mike Bilyeu	14
Dan Middleman	14
Randy Hollinger	14
Rob Evans	13
Jon Harris	12
Stephen Smeyak	12
Jeff Pigg	10
John Rogerson	10
John Rogers	10
Steve Zieminski	10
Dan Clark	9
Donnell Johnson	9
Andrew Jakubiec	9
Rolando Ortiz	9
Erick Rasmussen	9
Courtney Chambers	8
Chris Duncan	8
Henok Lechebo	8
Mike Williams	8
Curt Luster	7
Ed Raguso	7
Harry Vaughn	7
Bill Cason	6
Steve Conway	6
Jeremy Criscione	6
Tom Nohilly	6
Mark Sheehan	6
Calvin Whitaker	6
Robert Blount	5
Seth Brown	5
Steven Hassen	5
Jeremy Miller	5
Oscar Sosa	5
Jeremey Stallings	5
Clayton Barco	4
Bob Braman	4
Eddie Ernest-Jones	4
Jose Garcia	4
Mike Murphy	4
Enoch Nadler	4
Cory Presnick	4
Bart Sellers	4
David Strahl	4
Kelly Britz	3
Sean Donovan	3
Ian Eagle	3
Scott Hans	3
Carlos Hinojosa	3
Eric Jofre	3
Ryder Leary	3
Todd Orvis	3
Daniel Parker	3
Shane Stroup	3
Roger Sutton	3
Justin Taylor	3
Stephen Adderley	2

Denes Balasz	2
Marty Beauchamp	2
Sean Blaney	2
Kenny Clark	2
Anthony Howe	2
Aaron Kindt	2
Bernard Kuria	2
Pat McDonough	2
Eric Post	2
Hector Salazar	2
Brent Schneider	2
Todd Sinclair	2
Marcus Tanner	2
John Thrailkill	2
29 athletes	1
Current athletes with one top-10 career finish include: Mike Hensley and Al Matheny .	

All-Southeastern Conference

Frank Betts	1974
Mike Bilyeu	1986, 87
Mike Blaney	1984, 85, 86
Sean Blaney	2007
Robert Blount	1975, 76
Bob Braman	1980
Keith Brantly	1980, 81, 82, 83
George Bridges	1973
Bill Cason	1984
Jeremy Criscione	2006, 07
Chris Duncan	2000, 01
Rob Evans	1998
Steven Hassen	2006
Randy Hollinger	1994
Kevin Holzwart	1974
Eddie Ernest Jones	1998
Frank Lagotic	1966, 67
Don LaRene	1969
Henok Lechebo	2004, 05
Mike LeValle	1987, 90
Marty Ludwikowski	1975
Curt Luster	1979
Dan Middleman	1989, 90
Mike Mykytok	1989, 90, 91
Enoch Nadler	2006
Jack Nason	1968, 69
Rolando Ortiz	2000, 01
Daniel Parker	2002
John Parker	1969
Jeff Pigg	1985, 86
Cory Presnick	2003, 04
John Rogerson	1984
Mark Sheehan	1980
Dennis Skelton	1974
Stephen Smeyak	1997, 98
Oscar Sosa	1976
David Strahl	1983
Calvin Whitaker	1993
Chris Wilson	1992, 93
Steve Zieminski	2002, 03, 04

All-South Region

Sean Blaney	2007
Donnell Bowen	2002
Jeremy Criscione	2005, 07
Chris Duncan	1999, 00, 01
Rob Evans	1998, 99, 00
Jose Garcia	2006
Scott Hans	2007
Steven Hassen	2005, 06, 07
Eddie Ernest Jones	1998
Henok Lechebo	2004, 05
Enoch Nadler	2005, 06
Rolando Ortiz	2001
Daniel Parker	2002, 05, 06
Eric Post	1997
Cory Presnick	2002, 03, 04
Stephen Smeyak	1997, 98
Marcus Tanner	1997
Steve Zieminski	2002, 03, 04

Regional Champions

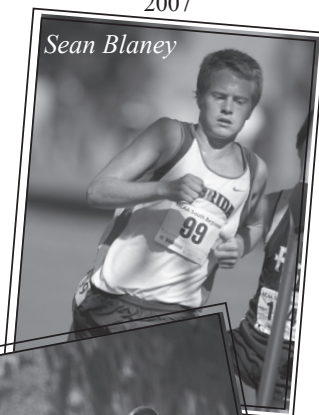
Steve Zieminski	2004
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CoSIDA Academic All-Americans

Steve Zieminski	2004
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USTFCCCA All-Academic Award

Cory Presnick (USCCCA)	2002
Steven Hassen	2006, 07
Scott Hans	2007



The 2007 men's team at the NCAA South Regional Meet, where they placed third overall.



MEDIA INFORMATION

The Communications Office is located on the third floor of the University Athletic Association inside Ben Hill Griffin Stadium (enter stairwell by Gate 1).

The Cross Country Offices are located at the Lemerand Center on Stadium Drive.

Cross Country Phone: (352) 375-4683 ext. 4400

Press Services: Members of the media are supplied with weekly release packages containing updated statistics, features and information regarding upcoming events. On meet days, the Communications staff will distribute programs, team and individual statistics and any other pre-meet information. Complete results will be available at the conclusion of the competition. Athletes and coaches will be available for interviews following the meet.

Gator Scoreline: The Communications Office provides a daily telephone service with updated scores and information on all Gator sports activities. Call (352) 375-4683 ext. 3020.

Weatherline: The Sports Information Office will update the weatherline at (352) 375-4683 ext. 3044 in the event of inclement weather.

Gatorzone.com: Gatorzone.com is the official website of the Florida Gators and features the latest news, scores and statistics for all UF sports.

All Sports Press Conference: Many Florida coaches are available to the media at the weekly All Sports Press Conference held each Monday during the fall at 10 a.m. in the Football Stadium South Endzone Meeting Room. Video from these press conferences will be available on each sports' page on www.gatorzone.com on Monday afternoons. If media members cannot attend the press conference, but want to be sure their questions get asked for the video, they can email questions to Zanna Ollove by 9 a.m. Monday morning.

Interviews: All student-athlete interviews must be coordinated with the Communications Office. Phone interviews with out-of-town media can be arranged. Contact Assistant Communications Director Zanna Ollove to schedule interviews. Interviews must be requested at least 24 hours in advance.

Sports Systems Services, Inc.: Mug shots of the Gator cross country teams and coaches are available to media outlets at the Southeastern Conference media site at www.secsportsmedia.com.



Cross country coach Todd Morgan is a frequent participant

GATORZONE

Beginning its seventh season this fall, "GatorZone" features all the latest news and notes on Gator athletics. Hosted by Jeff Cardozo, GatorZone airs every Wednesday at 5:30 p.m. and again at 10 p.m. on Sun Sports. GatorZone recaps the week that was in Gator athletics with GatorBites, while Larry Vettel interviews various Florida coaches on their team's recent performances. GatorZone features in-depth student-athlete stories highlighting their accomplishments both on-and-off the field of play. Also, this season James Bates rejoins GatorZone after a two-year absence.

GatorZone - the award-winning show for the Gator Nation.



Larry Vettel



Jeff Cardozo



James Bates

