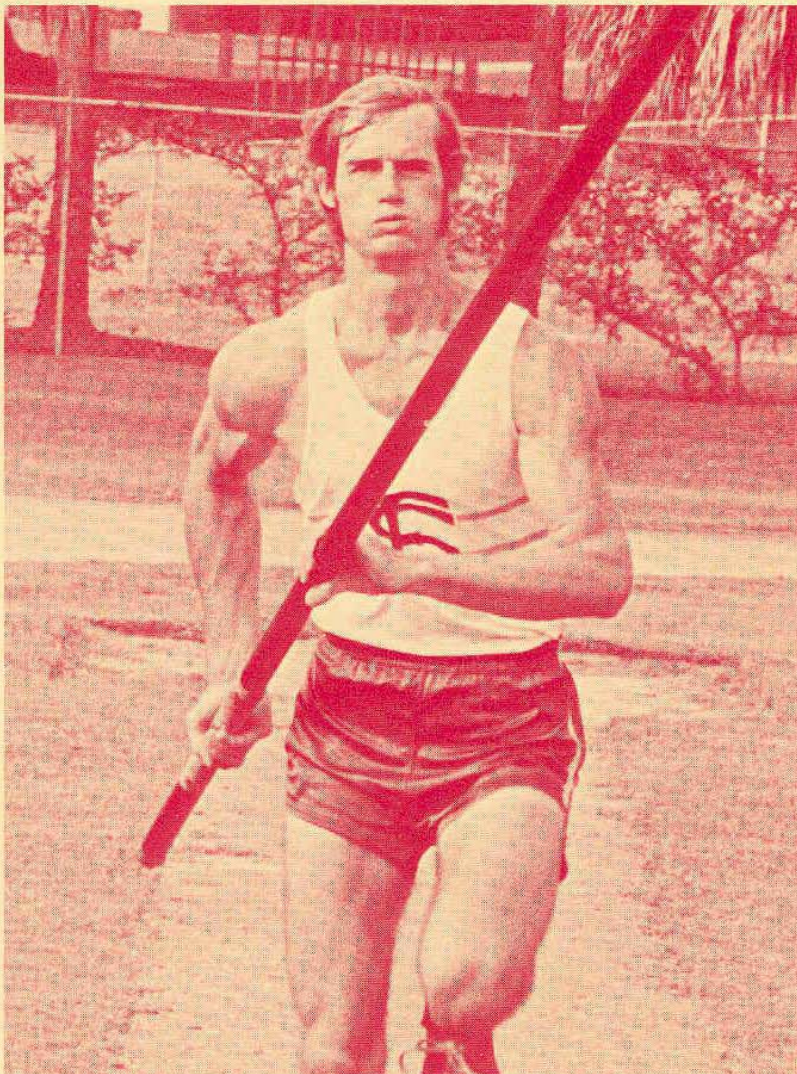


Florida State University

Track
1973



*Allen McMillan
Pole Vault*

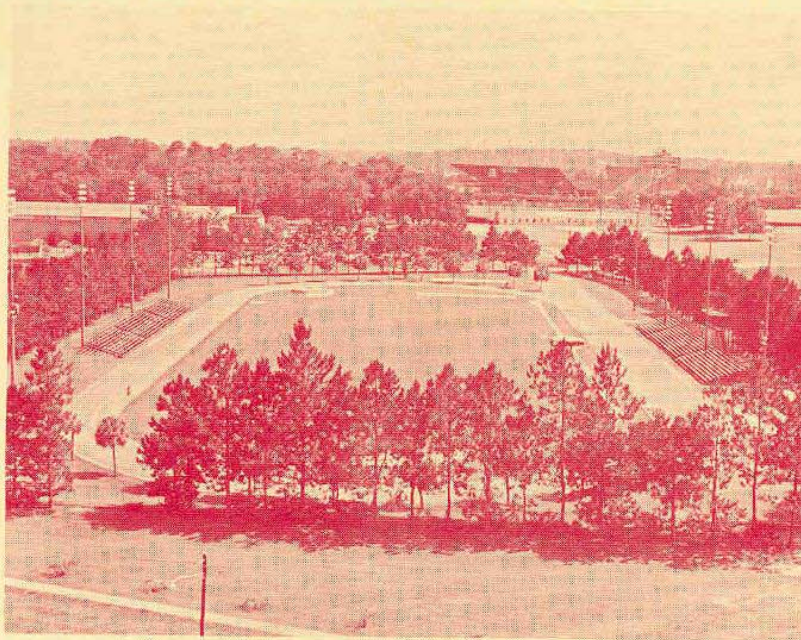
VARSITY RECORDS

OUTDOOR

| EVENT | MARK | RECORD HOLDER | YEAR |
|---------------------------|---------|---|------|
| 100 Dash | 9.5 | Al Cato | 1965 |
| | | Kenny White | 1965 |
| 220 Dash (Curve) | 21.0 | Joel Garren | 1972 |
| 220 Dash (Straight) | 20.3 | Ron Harrison | 1960 |
| 440 Dash (2 Curves) | 47.0 | Joel Garren | 1972 |
| 440 Dash (1 Curve) | 47.0 | Jim Casteel | 1958 |
| 880 Run | 1:51.4 | Steve Oulman | 1969 |
| Mile Run | 4:05.7 | Mike Conley | 1958 |
| 2 Mile Run | 8:43.7 | Ken Misner | 1971 |
| 3 Mile Run | 13:39.4 | Ken Misner | 1971 |
| 6 Mile Run | 27:55.2 | Ken Misner | 1971 |
| 120 High Hurdles | 13.7 | Mike Kelly | 1970 |
| 440 IM Hurdles | 50.2 | Mike Kelly | 1969 |
| 220 Low Hurdles | 22.6 | Terry Long | 1962 |
| High Hurdle Shuttle Relay | 58.1 | B. Smith, J. Fuss, C. Galloway and R. Peterson | 1970 |
| 440 Relay | 40.9 | D. Brown, G. Kaufman, S. Lewis and A. Guy | 1969 |
| | | J. Cofer, D. Brown, J. Broun and J. Garren | 1971 |
| 880 Relay | 1:26.8 | Q. Till, B. Davis, T. Long and C. Johnson | 1962 |
| Mile Relay | 3:13.1 | R. Stow, B. Waxman, G. Sparling and J. Garren | 1971 |
| 2 Mile Relay | 7:32.2 | B. Nelson, B. Hohndel, R. Winter and J Brogle | 1966 |
| 4. Mile Relay | 17:08.1 | J. Wise, B. Brooks, D. Ramers and K. Misner | 1971 |
| Sprint Medley | 3:24.6 | J. Casteel, G. Butner, J. Terwillinger, and M. Conley | 1958 |
| Distance Medley | 4:51.3 | G. Kaiser, R. Stow, D. Ramers and K. Misner | 1971 |
| Long Jump | 24-11 | Sid Gainey | 1966 |
| Triple Jump | 49-11 | Charlie Galloway | 1970 |
| High Jump | 6-8 | Jim Sauers | 1970 |
| Pole Vault | 16-6 | Allen McMillen | 1972 |
| Shot Put | 59-10 | Allen Williams | 1963 |
| Discus | 168-5 | George Frank | 1969 |
| Javelin | 233-6 | Jim Buck | 1971 |
| Decathlon | 6,825 | Charlie Galloway | 1971 |

INDOOR

| EVENT | MARK | HOLDER | YEAR |
|---------------------|---------|--|------|
| 50 Yd. Dash | :05.3 | Doug Brown | 1970 |
| 60 Yd. Dash | :06.1 | Ken White | 1965 |
| 100 Yd. Dash | :09.6 | Eddie McMillan | 1971 |
| 440 Yd. Dash | :47.3 | Joel Garren | 1972 |
| 600 Yd. Dash | 1:11.8 | Quentin Till | 1962 |
| 880 Yd. Run | 1:53.5 | Jack Wise | 1971 |
| 1000 Yd. Run | 2:14.6 | Bob Thomas | 1969 |
| 1-Mile Run | 4:09.8 | Ken Misner | 1971 |
| 2-Mile Run | 8:43.7 | Ken Misner | 1971 |
| 60 Yd. High Hurdles | :07.2 | Mike Kelly | 1969 |
| 1 Mile Relay | 3:13.3 | Eddie McMillan, Bernie Waxman, Randy Stow, Joel Garren | 1971 |
| 2 Mile Relay | 7:47.0 | George Kaiser, Jack Wise, Bob Brooks, Del Ramers | 1970 |
| 4 Mile Relay | 17:33.4 | Del Ramers, Jack Wise, Bob Brooks, Ken Misner | 1971 |
| Distance Medley | 9:52.4 | Jack Wise, Randy Stow, Del Ramers, Ken Misner | 1971 |
| Shot Put | 56-1 | Allen Williams | 1964 |
| Pole Vault | 16-0 | Allen McMillen | 1972 |
| High Jump | 6-7 | Floyd Lorenz | 1965 |
| | | Mike Kelly | 1969 |
| Long Jump | 24-5 | Sid Gainey | 1966 |
| Triple Jump | 49-1½ | Charlie Galloway | 1970 |

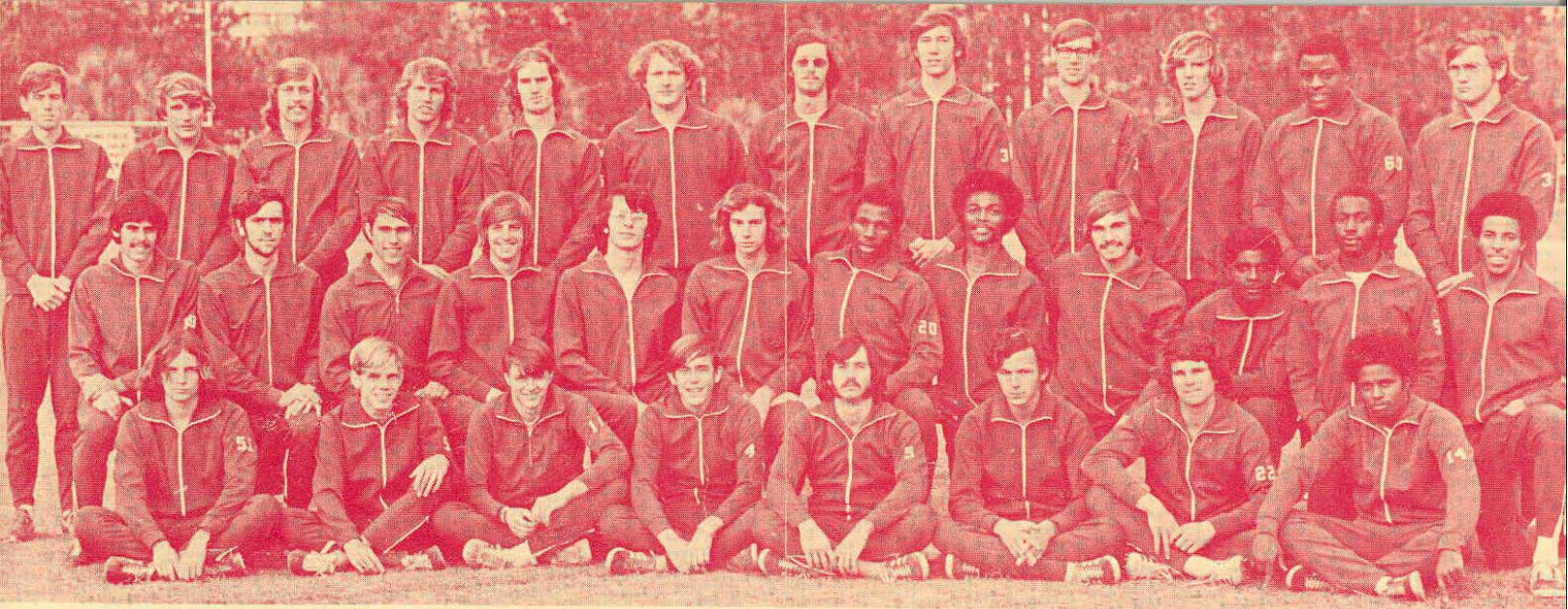


UNIVERSITY TRACK

Florida State's outdoor track facilities are among the finest in the nation. A completely enclosed quarter mile track is located in the heart of campus. It's surrounded by tall pines which help make the wind factor almost negligible. In addition, Florida State is one of the few tracks where a straight 220 could be run if necessary. This long front straightaway also makes it possible to run the 100 or 120 high hurdles from either end, in the event there is a wind factor. The track itself is a clay-cinder composition that many of the nation's top athletes have called one of the finest they have run on. Florida State runners also agree they prefer it over most all other track surfaces they have participated on. A large field area enclosed by the track is completely sodded and only the finest equipment is used.

UNIVERSITY TRACK RECORDS

| Event | Record | Holder & School | Year |
|--------------|---------|---|------|
| 440 Relay | 41.1 | FSU (Doug Brown, Greg Kaufman, Denson Pepper, Andy Guy) | 1969 |
| | | FSU (Greg Kaufman, Doug Brown, Randy Stow, Ed McMillan) | 1970 |
| Mile | 4:05.7 | Johnny Walton (Ga. Tech) | 1972 |
| High Hurdles | 13.9 | Mike Kelly (FSU) | 1969 |
| 440 | 46.6 | David Adkins (Ala.) | 1968 |
| 100 | 9.5 | Al Cato (FSU) | 1965 |
| | | Ivory Crockett (So. Ill.) | 1972 |
| 880 | 1:49.4 | Larry Kelly (Tenn.) | 1967 |
| 440 I.H. | 51.9 | Mike Kelly (FSU) | 1969 |
| Three Mile | 13:52.4 | Ken Misner (FSU) | 1970 |
| 220 | 21.3 | David Adkins (Ala.) | 1968 |
| | | Joel Garren (FSU) | 1972 |
| Mile Relay | 3:13.8 | Tenn. (Fred Marjenhof, Abe Henderson, Audrey Hardy, Hardy McAlhane) | 1970 |
| Pole Vault | 16-1½ | Allen McMillen (FSU) | 1972 |
| High Jump | 7-¾ | Ron Jourdan (UF) | 1968 |
| Long Jump | 24-11 | Sid Gainey (FSU) | 1966 |
| Triple Jump | 49-8¾ | John Vernon (So. Ill.) | 1966 |
| Shot Put | 59-3½ | George Woods (So. Ill.) | 1966 |
| Discus | 183-9 | John Morton (UF) | 1968 |
| Javelin | 243-9 | Bill Skinner (Tenn.) | 1970 |

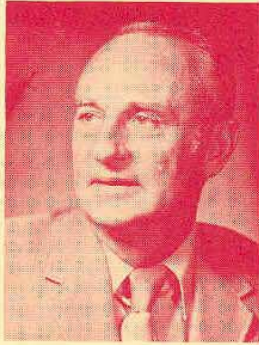


FLORIDA STATE UNIVERSITY 1973 TRACK ROSTER

| NAME | EVENT | CLASS | HT. | WT. | AGE | EXP. | HOMETOWN | BEST PERFORMANCE |
|-----------------------|--------------------------------|-------|------|-----|-----|------|------------------|-----------------------|
| 3-7 Steve Adams | 440 | Jr. | 6-5 | 170 | 20 | Sqd. | Tallahassee | 1:55.5, 49.5 |
| 3-12 Tom Benson | Discus | Jr. | 6-1 | 230 | 21 | JC | Lake Mary | 157'4" |
| 1-2 Bob Brooks | Distance | Jr. | 5-9 | 140 | 21 | 2VL | St. Petersburg | 4:09.7, 9:05.4, 14.03 |
| — Jim Broun | Hurdles, Relays | Jr. | 5-10 | 150 | 22 | 2VL | Ft. Myers | 9.9, 14.2 |
| 3-11 Osborn Brown | Shot | Jr. | 6-2 | 280 | 20 | JC | Jacksonville | 54'7" |
| Bob Burr | Distance | So. | 5-9 | 140 | 21 | JC | St. Petersburg | 4:08.6 |
| 3-3 Jim Cunningham | Hurdles | Jr. | 6-2 | 185 | 21 | 1VL | Janesville, Wis. | 14.8 |
| 2-6 Glenn Duncan | Long Jump, Triple Jump | Jr. | 5-11 | 150 | 20 | Sqd. | Santa Rosa Beach | 21'10", 44'6" |
| 2-10 Rudy Falana | Long Jump, Relays | Jr. | 5-11 | 165 | 21 | 2VL | Largo | 25'1", 47.9 |
| 2-4 Bob Fleming | 880 | Jr. | 5-11 | 145 | 21 | 1VL | Winter Park | 1:52.3 |
| — Ron Fletcher | Pole Vault | Sr. | 5-9 | 145 | 22 | 1VL | Ocala | 15'6" |
| 2-12 Tyrone Frederick | 880, Relays | Jr. | 5-11 | 155 | 21 | JC | Miami | 1:50.8, 47.5 |
| 3-2 Joel Garren | Sprints, Relays | Jr. | 6-0 | 170 | 21 | 2VL | Bradenton | 20.9, 47.0 |
| — George Gilkes | Manager | Jr. | 5-11 | 155 | 21 | Sqd. | St. Petersburg | |
| 2-11 Charlie Harris | Long Jump, Triple Jump, Relays | Jr. | 6-0 | 175 | 21 | JC | Sanford | 23'10", 49'1½", 9.9 |
| 1-7 Mark Herman | Hurdles | Fr. | 5-10 | 155 | 19 | — | Winter Park | 14.2 |
| 2-5 Randy Hutchinson | Javelin | Jr. | 5-10 | 150 | 21 | JC | Portland, Ore. | 238'6" |
| 1-5 Keith Ingram | Pole Vault | Jr. | 5-7 | 155 | 21 | 1VL | Pompano Beach | 15'0" |
| 1-1 Bobby James | Distance | Fr. | 5-11 | 155 | 19 | — | Milton | 4:18.5, 7:23.2 |
| 3-1 Wes Koenig | 880, Relays | So. | 6-0 | 155 | 19 | 1VL | Largo | 1:52.4, 47.7 |
| 2-7 Mike Lee | High Jump | Jr. | 5-11 | 170 | 24 | JC | Orlando | 6'8" |
| 1-6 Robin McEachin | 880, Relays | So. | 5-11 | 155 | 20 | 1VL | Thomasville | 1:55, 49.0 |
| 3-5 Allen McMillen | Pole Vault | Sr. | 6-2 | 175 | 22 | 1VL | Orlando | 16'0" |
| — Steve Mitchell | Sprints | Fr. | 5-10 | 155 | 19 | — | Ilion, N.Y. | |
| 3-10 Jeff Nedimyer | High Jump | Fr. | 6-3 | 155 | 19 | — | Titusville | 6'9" |
| 3-9 Bob Perrone | High Jump | So. | 6-5 | 170 | 20 | Sqd. | Naples | 6'2" |
| — Del Ramers | Distance | Sr. | 5-11 | 145 | 21 | 3VL | Dunedin | 4:08.3, 9:04.5, 13:53 |
| 3-6 Rich Richelderfer | Javelin | Jr. | 6-4 | 230 | 21 | JC | Wasco, Ore. | 218' |
| 2-7 Rick Sheridan | Distance | Fr. | 6-0 | 150 | 19 | — | Ft. Lauderdale | 4:28 |
| 2-8 Danny Smith | Hurdles, Sprints, Relays | Jr. | 6-2 | 170 | 21 | JC | Miami | 13.5, 9.5 |
| 1-8 Harold Smith | Sprints, Relays | Jr. | 5-9 | 155 | 21 | 1VL | Tampa | 9.9, 22.2 |
| 3-8 Steve Smith | High Jump, Triple Jump | Sr. | 6-7 | 190 | 22 | 3VL | Richmond, Va. | 6'4", 45'6" |
| 3-4 George Sparling | 440, Relays | Jr. | 6-2 | 165 | 21 | 2VL | Boca Raton | 47.5 |
| 1-3 Bill Stinson | High Jump | Jr. | 5-10 | 150 | 21 | 1VL | Atlantic Beach | 6'6" |
| 1-4 Shannon Sullivan | Distance | Fr. | 5-7 | 145 | 19 | — | Ft. Lauderdale | 9:50 |
| 2-1 Brad Thorpe | Distance | Jr. | 5-10 | 155 | 21 | RS | St. Petersburg | 4:20 |
| 2-3 Ben Vaught | 880, Relays | Fr. | 6-0 | 175 | 19 | — | Ft. Bragg, N.C. | 1:57 |
| — Billy Weldon | Hurdles | So. | 5-9 | 155 | 19 | 1VL | Montgomery, Ala. | 53.5 |
| 2-9 John Wellman | Shot | Fr. | 6-2 | 215 | 19 | — | St. Petersburg | 55'6" |

TRACK PROGRAM

There are few track programs in the country that enjoy the success that Florida State's teams have had under the direction of veteran head coach Mike Long over the last 18 years. When Long took over the struggling Seminole program in 1955 he took steps to develop it into one of the Southeast's top dual meet teams. That is a status the Seminoles have held up to the present.



Long

However, with the emphasis in track switching to the big championship style meets, Long is now guiding the Tribe athletes in that direction.

In his first 18 seasons, Long's teams won 81 of their 103 dual meets. In 13 of those seasons his clubs lost no more than one dual meet and five times they were undefeated. Developing winners though is only a part of the Mike Long success story. Win or lose, it is almost a surety that a Long-coached athlete will have given his best effort in the performance. Considered one of the nation's finest on the field coaches, he has that special knack of bringing forth the best and then some from his athletes. His teams have been known for their keen competitive sense and a strong unity that makes their team performance even greater. He has instilled in many of his former athletes the special dedication, technique and quality that has made many of them outstanding coaches in their own right since graduating.

A graduate of Minnesota where he competed as a pole vaulter, Long had 16 years coaching experience before coming to Florida State in the fall of 1953. He served for a year as assistant coach in track, football and basketball and assumed full responsibility of the track program after a year.

Assisting Long for the fourth season is former Seminole star Dick Roberts. The former Tribe distance runner, will work primarily with the distance and jumping events, including the pole vault. A native of St. Petersburg, he returned to Florida State after a successful tenure as track and cross-country coach at Dunedin High School. His teams



Roberts

captured one state championship, produced 10 individual state champions and set 13 state high school records. In addition to his duties with the track team, Roberts also heads the Seminole cross-country program. An energetic and highly successful recruiter he has brought many of the South's top track and field athletes into the Seminole camp.

Rejoining the Seminole ranks this year is Curtis Long. Curt's addition to the staff once again gives the Seminoles a father-son team in track.

A former Tribe runner, he will join the staff after a four year tour of duty in the Air Force. His duties will include working with the sprinters, hurdlers, shotput and javelin as well as the tedious administrative details involved in coordinating practices, home meets and road trips. In addition to coaching duties Curt is completing work on his doctorate in Physical Education.

A fourth member of the Tribe staff is Gary Hill. A former Seminole discus man, he has been sidelined by injury and now assumes the coaching duties in his specialty.

PROFILES

BOB BROOKS, Junior, St. Petersburg, Distances—fine runner who has shown improvement with each passing season . . . should be ready to come into his own this year . . . will be seeing most of his action in longer distance events . . . won state cross-country championship last fall . . . needs to overcome inconsistency.

TOM BENSON, Junior, Lake Mary, Discus—Junior college transfer . . . has good size and is improving constantly . . . working to improve his technique . . . threw 150-feet during the fall . . . if he continues to improve should be competitive throughout the year . . . a hard worker who wants to make the grade.

OSBORN BROWN, Junior, Jacksonville, Shot Put—Junior College transfer . . . is current National JC champion in the shot . . . has best throw of 54-7 . . . got a late start since he did not enroll until January . . . has excellent size . . . should be strong contender, especially by time outdoor season starts.

RUDY FALANA, Junior, Largo, Long Jump, Relays—The most gifted athlete on the squad . . . talented long jumper and sprint man . . . has been plagued by nagging injuries throughout his career . . . is coming off a knee operation and hopefully is ready for an outstanding season . . . is only Florida high school long jumper ever to leap 25-feet . . . has a text book running style.

BOB FLEMMING, Junior, Winter Park, 880—Dedicated half miler . . . a hard worker who gets better with each performance . . . always gives big effort at meet time . . . if he continues to improve at same rate he has in past, he will be turning in highly competitive times . . . hard nosed competitor who rises to occasion.

TYRONE FREDERICK, Junior, Miami, 880, Relays—Junior college transfer . . . placed second in National JC Championships . . . JC All-America in half mile . . . also is a fine relay performer . . . has tools to be a quality runner . . . best time so far is creditable 1:50.8 . . . has shown good leadership potential during the fall.

JOEL GARREN, Junior, Bradenton, Sprints, Relays—Big strong runner . . . nicknamed "The Horse" by his teammates because of his physical and mental toughness . . . placed fifth in the National Federation 220 championships last spring . . . holds school record in 220 (21.0) and 440 (47.0) . . . an outstanding competitor, he is "ready" at meet time . . . not afraid to run with quality competition and has ability to hold his own . . . was slowed by minor injuries and illness last year, but came back late to run well in sprints . . . won the 100 in dual meet against

Florida, his only appearance in that event . . . will also figure big in the relays.

MARK HERMAN, Freshman, Winter Park, Hurdles—Co-holder of National High School Indoor High Hurdle Record at 6.2 . . . Fine dedication and attitude . . . has a great deal of potential and is improving steadily . . . wants to become a first class hurdler.

CHARLIE HARRIS, Junior, Sanford, Triple Jump, Long Jump, Relays—Junior college transfer . . . placed second in National JC triple jump championships as a freshman . . . was JC All-America . . . former teammate of record holding polevaulter Allen McMillen at Seminole JC . . . a dedicated worker . . . has good speed and may figure in the 440 relay as well as jumps.

RANDY HUTCHINSON, Junior, Portland, Ore., Javelin—Junior College transfer from Oregon . . . placed fourth in National JC meet . . . is a fine technician and is improving regularly . . . a real student of his event . . . if he continues to improve at same rate he will be a quality performer . . . comes from a state which has produced many outstanding performers in his specialty.

BOB JAMES, Freshman, Milton, Distances—Freshman distance runner who shows good potential . . . works hard and is making good progress . . . was state 2-mile champion as a high school junior, but hurt the following year and could not run . . . will be running the mile at Florida State . . . has good speed . . . should continue to improve throughout the year as he refines his technique and gains confidence.

WES KOENIG, Sophomore, Largo, 880, Relays—A first class athlete . . . if he can avoid injury he will have an outstanding future in track . . . came to Florida State as a quartermiler but after suffering a leg fracture switched to half with surprising results . . . has been slowed by a second leg injury this fall, but should be ready to run well . . . a hard worker who will concentrate in the half mile.

MIKE LEE, Junior, Orlando, High Jump—An outstanding high jumper in high school . . . he placed fourth in Golden West Invitational . . . came to Florida State on his own after being away from competition for three years in the service . . . had two years of JC experience before entering service . . . is strong and brings a mature attitude . . . works hard and wants to do well . . . has jumped 6-8 . . . stradler.

ALLEN McMILLEN, Senior, Orlando, Pole Vault—An outstanding pole vaulter . . . placed 8th in the NCAA Championships last spring . . . holds FSU record at 16-6

and the University Track record at 16-1½ . . . fine competitor who is not afraid to compete with quality field . . . has good speed and strength . . . a dedicated worker . . . is still improving his technique and style . . . has the potential to add height to his jumps . . . uses a strong, high handhold on pole.

JEFF NEDIMYER, Freshman, Titusville, High Jump—Florida High School record holder in high jump . . . has best jump of 6-9 . . . placed fourth in Golden West Invitational which annually brings together the eight best prep stars in each event . . . judging from his past performances, he appears to be steady, consistent performer . . . was one of the first jumpers to employ the now famous Fosbury Flop jumping style.

DANNY SMITH, Junior, Miami, Hurdles—An Olympic Athlete from the Bahamas . . . placed second in the National JC meet . . . will run the high hurdles and 440 relay . . . junior college transfer where he ran the hurdles only one year, but has turned in a 13.5 time . . . strong in sprints with a 9.5, 100 to his credit . . . fine looking athlete, one of best JC prospects ever at Florida State.

GEORGE SPARLING, Junior, Boca Raton, 440, Relays—Had a good sophomore year . . . has turned in a 47.6 quarter . . . a rangey, firey competitor who gives it his all . . . has good staying power and a strong finish . . . will also be a key to the mile relay, probably running lead leg.

TRACK HISTORY

| YEAR | COACH | CAPTAINS | W | L |
|-------|------------|---|----|----|
| 1949 | Ken Miller | None | 0 | 3 |
| 1950 | Ken Miller | Al Bradford | 5 | 1 |
| 1951 | Ken Miller | Max Watson | 5 | 1 |
| 1952 | Ken Miller | John Poston | 6 | 1 |
| 1953 | Ken Miller | Dick Mize | 3 | 3 |
| 1954 | Ken Miller | Carlos Fraundorfer | 1 | 6 |
| 1955 | Mike Long | Ron Weaver | 5 | 1 |
| 1956 | Mike Long | Ron Weaver | 7 | 1 |
| 1957 | Mike Long | Joe Davis | 4 | 1 |
| 1958 | Mike Long | Mike Conley, Jack Terwilliger | 4 | 0 |
| 1959 | Mike Long | Jim Casteel, Dick Elwood | 3 | 1 |
| 1960 | Mike Long | Ted Keen | 4 | 0 |
| 1961 | Mike Long | Don Ostergaard | 4 | 1 |
| 1962 | Mike Long | Jeff Clark, Quintin Till | 5 | 0 |
| 1963 | Mike Long | Craig Johnson, Herb Craft | 3 | 2 |
| 1964 | Mike Long | None | 5 | 0 |
| 1965 | Mike Long | Al Cato, Jerry Daniel | 5 | 0 |
| 1966* | Mike Long | Kenny White, John Brogle | 4* | 4* |
| 1967 | Mike Long | Sid Gainey, Steve Landis | 4 | 8 |
| 1968 | Mike Long | Bud Manning, Charlie Vickers | 7 | 4 |
| 1969 | Mike Long | Mike Kelly | 7 | 3 |
| 1970 | Mike Long | Randy Stow, Ken Misner, Charlie Galloway | 11 | 2 |
| 1971 | Mike Long | Randy Stow, Ken Misner, Bill Jackson | 6 | 5 |
| 1972 | Mike Long | Chuck Crowder, Bernie Waxman | 2 | 5 |

* Won-Loss records since 1966 include multiple team meet victories and losses (e.g. third place in five-way meet scored as two wins and two losses.)

