

# Florida State University

Track  
1974



## VARSITY RECORDS

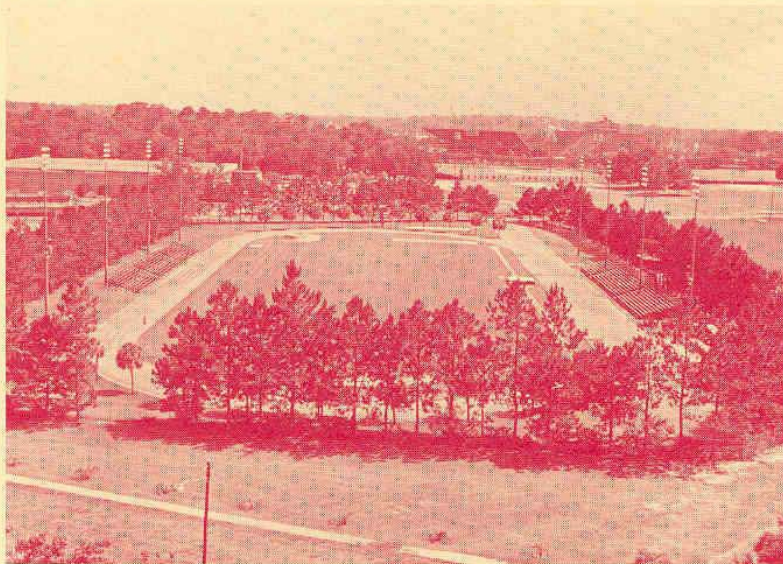
### OUTDOOR

EVENT	MARK	RECORD HOLDER	YEAR
100 Dash	9.5	Al Cato, 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	1:49.2	Tyrone Frederick	1973
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	13.5	Danny Smith	1973
440 IM Hurdles	50.2	Mike Kelly	1969
220 Low Hurdles	22.6	Terry Long	1969
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	7:28.7	B. Fleming, B. Brooks, W. Koenig, and T. Frederick	1973
4 Mile Relay	17:08.1	J. Wise, B. Brooks, D. Ramers, and K. Misner	1971
Sprint Medley	3:19.4	D. Smith, B. Weldon, J. Garren, and T. Frederick	1973
Distance Medley	9:51.3	G. Kaiser, R. Stow, D. Ramers, and K. Misner	1971
Long Jump	24-11	Sid Gainey	1966
Triple Jump	50-1.5	Charlie Harris	1973
High Jump	6-10	Jeff Nedimyer, Mike Lee	1973
Pole Vault	16-6	Allen McMillen	1972
Shot Put	59-10	Allen Williams	1963
Discus	168-5	George Frank	1969
Javelin	235-1	Randy Hutchinson	1973
Decathlon	6,825	Charlie Galloway	1971

### INDOOR

EVENT	MARK	HOLDER	YEAR
50 yd. Dash	:05.3	Doug Brown, Eddie McMillan, and Danny Smith	1973
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	1:53.2	Tyrone Frederick	1973
1000 yd. Run	2:11.2		
1 Mile Run	4:09.8	Ken Misner	1971
2 Mile Run	8:43.7	Ken Misner	1971
50 yd. High Hurdles	:05.8	Danny Smith	1973
60 yd. High Hurdles	:07.0	Danny Smith	1973
70 yd. High Hurdles	:08.1	Danny Smith	1973
1 Mile Relay	3:13.3	E. McMillan, B. Waxman, R. Stow, and J. Garren	1971
2 Mile Relay	7:46.2	R. McEachin, B. Fleming, J. Wise, and G. Kaiser	1972
4 Mile Relay	17:33.4	D. Ramers, J. Wise, B. Brooks, K. Misner	1971
Distance Medley	9:52.4	J. Wise, R. Stow, D. Ramers, and K. Misner	1971
Shot Put	57-1¾	Osborn Brown	1973
Pole Vault	16-4	Allen McMillen	1973
High Jump	6-9	Mike Lee, Jeff Nedimyer	1973
Long Jump	24-5	Sid Gainey	1966
Triple Jump	49-8½	Charlie Harris	1973



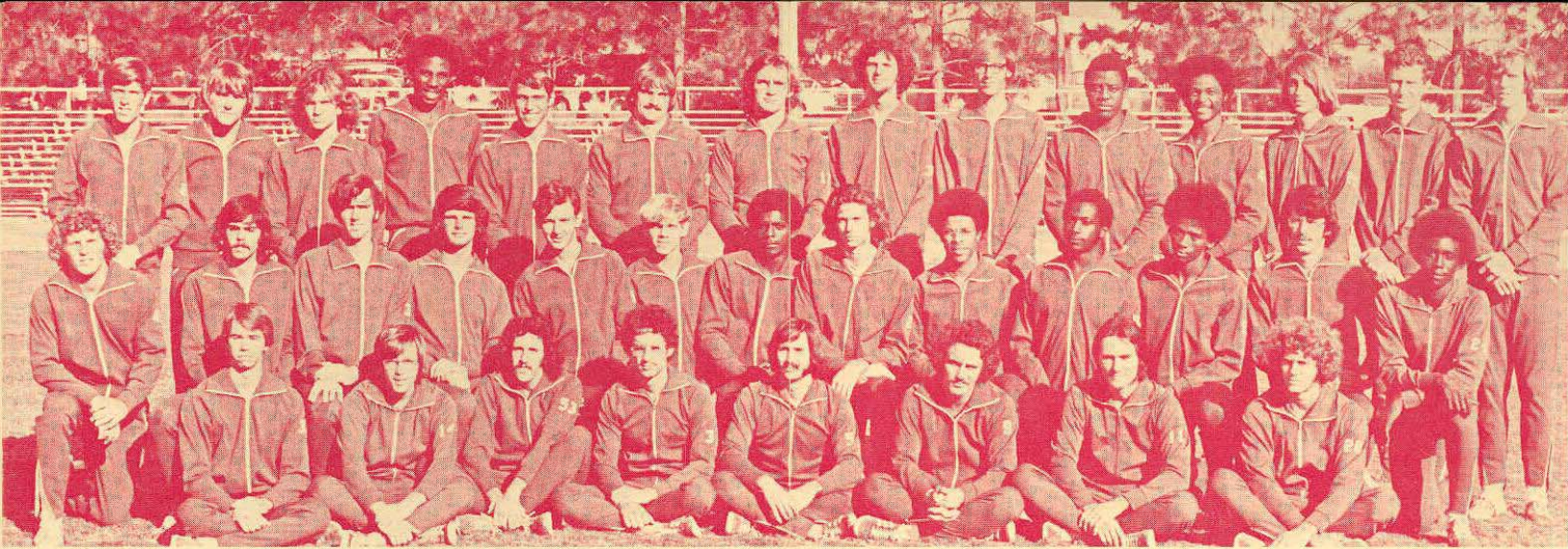


Already considered one of the nation's finest track facilities, Florida State's University Track becomes even better this spring when it is enlarged to eight lanes and it receives the latest Chevron 440 running surface. The Chevron 440 is reputed to be one of the finest all-purpose surfaces for a multi-use university track. It not only gives a uniform, fast, all-weather track for meets, but also is soft enough to be an ideal daily workout track. Florida State's track facility, completely enclosed and surrounded by tall pines, is used by the entire campus. Nevertheless there is minimal interference with track workouts and the new surface (which includes the jump runways as well) will easily stand the wear and tear.

## UNIVERSITY TRACK RECORDS

Event	Record	Holder & School	Year
440 Relay	41.1	Doug Brown, Greg Kaufman, Denson Pepper, and Andy Guy (FSU)	1969
		Greg Kaufman, Doug Brown, Randy Stow, and Ed McMillan (FSU)	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 Crocket (So. Ill.)	1972
880	1:49.4	Larry Kelly (Tenn.)	1967
440 IM	51.9	Mike Kelly (FSU)	1969
Three Mile	13:17.2	Barry Brown (FTC)	1973
220	21.3	David Adkins (Ala.), Joel Garren (FSU) Tom Reid (Bap't.)	1968, 1972 1973
Mile Relay	3:12.5	Woodson, Turner, Batie, and Oliver (Troy)	1973
Pole Vault		Mike Cotton (UF)	1973
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



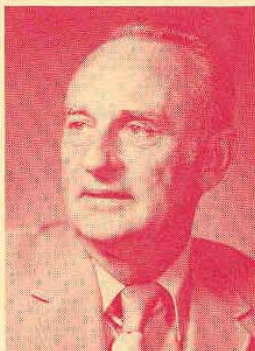


## FLORIDA STATE UNIVERSITY 1974 TRACK ROSTER

NAME	EVENT	CLASS	HT.	WT.	AGE	EXP.	HOMETOWN	BEST PERFORMANCE
3-7 Tom Benson	Discus	Sr.	6-1	230	22	1VL	Lake Mary	154'
3-12 Steve Borysewich	High Jump	Fr.	6-1	155	19	—	Orlando	6-2
2-11 Vesco Bradley	Sprints, Relays Long Jump	Jr.	6-0	150	21	JC	Tampa	9.4, 21.0, 24-6½
2-6 Bob Brooks	Distance	Sr.	5-9	140	22	3VL	St. Petersburg	4:09.6, 13:54.6
1-7 Jim Broun	Hurdles, Relays	Sr.	5-10	150	23	1VL	Ft. Myers	14.2
3-10 Osborn Brown	Shot Put	Sr.	6-2	280	21	1VL	Jacksonville	57-½
2-2 Bob Burr	Distance	Jr.	5-9	140	22	1VL	St. Petersburg	4:08.3, 14:10
2-8 Glenn Duncan	Long Jump, Triple Jump	Sr.	5-11	150	21	—	Santa Rosa Bch.	21-10
2-7 Rudy Falana	Long Jump, Relays	Sr.	5-11	165	22	3VL	Largo	24-10¾
— Bob Fleming	880	Sr.	5-11	145	22	2VL	Winter Park	1:52.3
1-4 Ron Fletcher	Pole Vault	Sr.	5-9	145	23	1VL	Ocala	15-6
— Jesse Forbes	Sprints, Relays	Fr.	5-10	160	19	—	Tallahassee	9.4, 21.2
2-9 Tyrone Frederick	880, Relays	Sr.	5-11	155	22	1VL	Miami	1:49.2
— Buster Fulton	880, 440	Fr.	5-10	157	18	—	Punta Gorda	49.9
3-2 Joel Garren	Sprints, Relays	Sr.	6-0	170	22	3VL	Bradenton	47.0, 20.9
— George Gilkes	Manager	Sr.	5-11	155	22	1VL	St. Petersburg	—
2-10 Charlie Harris	Long Jump, Triple Jump, Relays	Sr.	6-0	175	22	1VL	Sanford	23-10, 50-¼
2-4 Mark Herman	Hurdles	So.	5-10	155	20	1VL	Winter Park	52.7
1-8 Shannon Hillier	Pole Vault	Fr.	5-11	150	19	—	Tampa	13-6
2-12 Randy Hutchinson	Javelin	Sr.	5-10	150	22	1VL	Portland, Ore.	235'
1-5 Keith Ingram	Pole Vault	Sr.	5-7	155	22	1VL	Pompano Beach	15-6
3-3 Bobby James	Distance	So.	5-11	155	20	1VL	Milton	4:12.2
— Tony James	IM Hurdles, Triple Jump	Jr.	5-11	155	22	JC	Miami	53.5, 45-0
2-13 Oscar Johnson	Sprints	Fr.	6-0	160	18	—	Punta Gorda	9.9
3-1 Wes Koenig	880, Relays	Jr.	6-0	155	20	2VL	Largo	1:52.2
3-4 Mike Lee	High Jump	Sr.	5-11	170	25	1VL	Orlando	6-10
1-1 Glen Martin	Pole Vault	So.	5-11	155	20	RS	Clearwater	13-0
2-5 Robin McEachin	880, Relays	Jr.	5-11	155	21	2VL	Thomasville	49.0
2-1 Bill Naroznick	Javelin	Fr.	5-11	175	18	—	Marlton, N.J.	193'
3-14 Jeff Nedimyer	High Jump	So.	6-3	155	20	1VL	Titusville	6-10
3-9 Bob Perrone	High Jump	Jr.	6-5	170	21	—	Naples	6-4
3-8 Jack Peterson	Triple Jump	Fr.	6-4	185	19	—	Falls Church, Va.	42-8
1-3 Del Ramers	Distance	Sr.	5-11	145	22	3VL	Dunedin	4:07.4, 13:47
— Henry Reshard	440	Fr.	5-10	150	19	—	Tallahassee	49.5
— Rich Richelderfer	Javelin	Sr.	6-4	230	22	1VL	Wasco, Ore.	226-9
2-3 Rich Sheridan	Distance	So.	6-0	150	20	—	Ft. Lauderdale	4:26
3-13 Tim Simpkins	Distance	So.	6-3	165	19	Sqd.	Haines City	4:29, 15:10
3-11 Danny Smith	Hurdles, Sprints, Relays	Sr.	6-2	170	22	1VL	Miami	13.9, 9.5
1-2 Shannon Sullivan	Distance	So.	5-7	145	20	—	Ft. Lauderdale	9:50
3-5 Ben Vaught	880, Hurdles	So.	6-0	175	20	—	Ft. Bragg, N.C.	1:55.6
1-6 Billy Weldon	Hurdles	Jr.	5-9	155	20	2VL	Montgomery, Ala.	53.4
3-6 John Wellman	Shot Put	So.	6-2	215	20	—	St. Petersburg	47-6



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 19 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.



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 19 seasons, Long's teams won 91 of their 115 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.

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.

Assisting Long for the fifth season is former Seminole star Dick Roberts. The former Tribe distance runner, will work primarily with the distance, shot put and high jumping events. 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 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 serves as academic counselor in the FSU athletic department's academic advisement program and 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.



Returning for his second year as assistant coach is Curtis Long. A former Tribe runner, Curt gives the Seminoles a father-son coaching team in track. His duties will include working with the sprinters, hurdlers, long and triple jump, javelin, and discus, as well as the tedious administrative details involved in coordinating practices, and road trips. In addition to coaching duties, Curt is completing work on his doctorate in P.E.



## PROFILES

**BOB BROOKS**, Senior, St. Petersburg, Distances—fine runner who has shown improvement with each passing season . . . national qualifier at three miles last year . . . versatile distance runner . . . member of the two mile relay team which finished first in Florida Relays . . . will be seeing most of his action in longer distance events.

**VESCO BRADLEY**, Junior, Tampa, Sprints, Long Jump, Relays—Good prospect from Seminole J.C. . . . has run a 9.4 in the 100 and 21.0 in the 220 . . . Adds tremendous strength to Seminole squad in sprints, long jump, and relays . . . Key man for the Seminoles . . . National JC long jump champion.

**OSBORN BROWN**, Senior, Jacksonville, Shop Put, Discus—Leading shot put and discus man on the squad . . . has shot put throw of 57-1 . . . was National JC champion in the shot . . . went out for football, hoping to add strength, and plans on playing next year . . . has excellent size . . . should be top contender.

**RUDY FALANA**, Senior, Largo, Long Jump, Relays—Talented long jumper and sprint man . . . finished third in the National Federation Championship with a jump of 24-10 . . . NCAA qualifier . . . is coming off two knee operations and back in good condition . . . looks ready for an outstanding season.

**RON FLETCHER**, Senior, Ocala, Pole Vault—Has vaulted 15-6 . . . very good technician with excellent potential . . . a “stylish” vaulter . . . has fine strength and good speed . . . a real student of his specialty.

**JESSE FORBES**, Freshman, Tallahassee, Sprints, Relays—A “super prospect” . . . has a 9.4, 100 to his credit . . . placed first in Golden West Invitational which annually brings together the eight best prep stars in each event . . . also excellent in relays . . . member of varsity football team . . . strained knee ligaments limited his workout in the fall . . . if healthy will make strong contribution to the squad.

**TYRONE FREDERICK**, Senior, Miami, 880, relays—JC All-America in half mile . . . best time so far is creditable 1:49.2 . . . finished third in National Federation Championships . . . also place 12th in the 880 at the NCAA Championships last spring . . . was slowed by illness last year, but came back strong to run well . . . a real quality runner . . . one of the top people on the squad.

**JOEL GARREN**, Senior, Bradenton, Sprints, Relays—Big strong runner . . . holds school record in 220 (21.0) and 440 (47.0) . . . an outstanding competitor, he is “ready” at meet time . . . always at his best with quality competition . . . was slowed by minor injuries and illness last year, which kept him from qualifying for Nationals . . . in 1972 was a semi-finalist in the 220 at the NCAA Championships . . . looking to regain earlier form.



MARK HERMAN, Sophomore, Winter Park, Hurdles—Had an excellent freshman year . . . dedicated athlete with a great attitude . . . timed at 52.8 in the Intermediate Hurdles . . . continues to improve after a fine fall . . . good steady performer.

CHARLIE HARRIS, Senior, Sanford, Triple Jump, Long Jump, Relays—JC All-America . . . finished 14th in the triple jump at NCAA Championships . . . holds school record in this event with a jump of 50-1½ . . . will also run in the 440 relay . . . key member of the squad . . . great competitor and consistent performer.

RANDY HUTCHINSON, Senior, Portland, Ore., Javelin—Holds school record in Javelin, with a throw of 235-1 . . . qualified for Nationals last year . . . a real student of his event and is improving steadily . . . small for a javelin thrower, he makes up for it in his dedication and fine technique . . . comes from a state which has produced many outstanding performers in his specialty.

KEITH INGRAM, Senior, Pompano Beach, Pole Vault—A strong vaulter who has continued to improve . . . tough at meet time . . . his spirit and competitive attitude is a real asset to the squad . . . has good technique . . . at best in the big meets . . . if continues to improve could be in the 16' category . . . has vaulted 15-6.

BOB JAMES, Sophomore, Milton, Distances—Hard worker who made good progress as a freshman . . . ran cross-country in the fall to improve endurance . . . has good speed . . . will run the mile . . . very knowledgeable runner for a sophomore . . . should continue to improve as he refines his technique . . . key man for the Seminoles in the mile.

WES KOENIG, Junior, Largo, 880, Relays—A first class athlete . . . had an excellent fall after fracturing his leg while running last year . . . outstanding competitor with great attitude . . . paired with Fredrick, gives Seminoles good one-two punch in the half mile . . . will also be a key man in the relays.

MIKE LEE, Senior, 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 . . . co-holder of school record with a jump of 6-10 . . . national qualifier . . . works hard and wants to do well . . . has chance to jump 7 feet . . . stradler.

JEF NEDIMYER, Sophomore, Titusville, High Jump—Florida High School record holder in high jump . . . placed fourth in Golden West Invitational . . . shares school record of 6-10 with teammate Lee . . . also a national qualifier . . . looked good this fall . . . has definite chance to jump 7 feet . . . was one of the first to employ the Fosbury Flop jumping style.



DEL RAMERS, Senior, Dunedin, Distance—Returns to Seminole squad after being redshirted last year . . . national qualifier in the 5000 meters . . . finished 12th in Eugene, Ore. . . . specialty is the mile . . . tough at meet time . . . good speed . . . chance to be one of the better milers in the area . . . a national contender.

DANNY SMITH, Senior, Miami, Hurdles, Sprints, Relays—All-America in high hurdles in Indoor Track . . . tied world record (5.8) in 50 yd. high hurdles at Montreal, beating Rod Milburn, the Olympic Champion . . . finished second in the National Indoor Championships . . . very versatile runner, member of 440 relay team, also runs 100 and 220 in some meets . . . hoping for a great outdoor season to go along with his fine indoor performance . . . holds or shares five Varsity Records . . . a class athlete.

BILL WELDON, Junior, Montgomery, Ala., Hurdles, Sprints—Looked good during fall workouts . . . fine meet qualities . . . at his best in competition . . . will run intermediate hurdles . . . also will be prominent in relays . . . fast enough for sprint relays . . . key man to the squad.

## 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	4	1
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
1973	Mike Long	Rudy Falana, Allen McMillen, Tyrone Frederick	10	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.)



## 1974 TRACK OUTLOOK

Seminole Track Coach Mike Long would never be accused of being the world's most optimistic coach, preferring instead to take a cautious "wait until they prove themselves" attitude when talking about an upcoming track season. Therefore it might pay to sit up and take notice when he says this year, "could be an outstanding one for Florida State."

However, Long, reverting back to form somewhat, qualifies his statement with, "It depends a lot on the three H's. We have to stay Healthy, Happy and Hungry."

What the Seminoles have are at least a dozen top flight competitors. The runners in this group are not only capable of qualifying for but also of scoring in both the Indoor and Outdoor NCAA Championships.

As a result, the Seminoles will be popping up in relay carnivals and championship style meets all around the south as well as running several dual meets.

"We have people capable of competing with the best," said Long. "So we want to give them that opportunity. If we can keep those three H's on our side it should be a most interesting and satisfying season."

### 1974 SCHEDULE

Date	Meet	Site
<b>INDOOR SEASON</b>		
Jan. 16	Senior Bowl	Mobile, Ala.
Jan. 19	USTFF Championships	Jackson, Miss.
Feb. 2	Indiana Indoor Relays	Bloomington, Ind.
	*Maple Leaf Games	Toronto, Canada
Feb. 8	USTFF Championships	Montgomery, Ala.
Feb. 22-23	Illinois Invitational	Champaign, Ill.
Mar. 8-9	*NCAA National Championships	Detroit, Mich.
<b>OUTDOOR SEASON</b>		
Mar. 23	Kiwanis Relays	Tallahassee, Fla.
Mar. 29-30	Florida Relays	Gainesville, Fla.
Apr. 6	Carolina Relays	Columbia, S.C.
Apr. 13	Mississippi State	Tallahassee, Fla.
Apr. 20	South Carolina	Tallahassee, Fla.
Apr. 26-27	*Drake Relays	Des Moines, Iowa
	Alabama Invitational	Tuscaloosa, Ala.
May 4	Florida	Gainesville, Fla.
May 11	L.S.U.	Baton Rouge, La.
May 18	Southeastern Championships	Tallahassee, Fla.
May 24	*All-Comers Meet	Knoxville, Tenn.
May 30-June 1	*USTFF National Championships	Wichita, Kan.
June 6-8	*NCAA National Championships	Austin, Tex.
June 14-15	*AAU National Championships	To Be Selected

\*Selected Entries

This public document was promulgated at an annual cost of \$219.86 or 21.9 cents per copy to serve as a brochure for track and to acquaint the media and fans with the 1974 Florida State University Track team.