

1976 Track Squad



***Track/
Field
1976***

Florida State University

1976 TRACK SCHEDULE

INDOOR SEASON

Jan. 14	Senior Bowl	Mobile, AL
24	USTFF Championships	Jackson, MS
Feb. 6- 7	Mason-Dixon Games	Louisville, KY
13	USTFF Championships	Montgomery, AL
27-28	Illinois USTFF Invitational	Champaign, IL
Mar. 12-13	NCAA Championships	Detroit, MI

OUTDOOR SEASON

Mar. 20	Springtime Tallahassee Invitational	Tallahassee, FL
26-27	Florida Relays	Gainesville, FL
Apr. 3	Alabama	Tallahassee, FL
10	Baptist College	Tallahassee, FL
17	Auburn	Auburn, AL
23-24	Penn Relays	Philadelphia, PA
May 1	Florida	Gainesville, FL
8	Tom Black Classic	Knoxville, TN
15	Southeastern Collegiate Championships	Tallahassee, FL
June 3- 5	NCAA Championships	Philadelphia, PA
17-26	United States Olympic Trials	Eugene, OR

1975 RESULTS

INDOOR SEASON

In its only dual meet of the Indoor Season, the Seminoles defeated LSU, 63-59. They also captured a triangular meet at Columbus, Ohio, outpointing Penn State and Ohio State, 70-55-37. They placed second at the Senior Bowl in Mobile, Alabama, captured two first places in the Jackson, Mississippi, USTFF meet and had four firsts in a similar meet at Baton Rouge, Louisiana. At the NCAA Indoor Championships, Danny Smith became the first high hurdler in NCAA history to repeat as champion, as the Seminoles placed 14th overall.

OUTDOOR SEASON

Alabama 83, FSU 62 at Tuscaloosa, Alabama.

FSU 96, Auburn 58 at Tallahassee.

FSU 97, South Carolina 55 at Columbia, South Carolina.

Florida 76, FSU 69 at Tallahassee.

FSU 68, Alabama 64, LSU 57 at Baton Rouge, Louisiana.

In addition the Seminoles captured 12 first places in the *Springtime Tallahassee Invitational*. Phares Rolle set a new meet record at the *Florida Relays* with a 17-1 in the pole vault. The Seminoles dominated the *Carolina Relays* at Columbia, South Carolina, and easily won the *Southeastern Collegiate Championships* in Tallahassee.



FLORIDA STATE UNIVERSITY

LOCATION	Tallahassee, Florida 32306
NICKNAME	Seminoles
COLORS	Garnet and Gold
ENROLLMENT	21,000
PRESIDENT	Dr. Stanley Marshall
ATHLETIC DIRECTOR	John Bridgers
HEAD TRACK COACH	Mike Long
ASSISTANTS	Dick Roberts, Curt Long, Paul Toran and Jim Long
SPORTS INFORMATION DIRECTOR	Lonnie Burt
ASSISTANT SID	Hank Schomber
ATHLETIC DEPARTMENT PHONE	904/644-2790
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This public document was promulgated at an annual cost of \$500 or 50 cents each to acquaint media, fans and supporters with Florida State University's track program.

MIKE LONG: HEAD TRACK COACH



For more than two decades Florida State's Track program has been under the capable direction of Mike Long and for most of that time span, the Seminoles have enjoyed the reputation of having one of the finest programs in the South.

The 1976 season marks Long's 22nd as head coach of the track program. When he took over in 1955, the Seminoles were struggling for respectability. It did not take the former Minnesota pole vaulter long to straighten things out.

He quickly developed Florida State into one of the most respected dual meet teams in the Southeast. In 21 seasons his teams have an overall record of 108 wins and 28 losses in scored meets and the Seminoles' accomplishments at the relay carnivals is just as impressive.

In 13 of Long's 21 seasons, the Seminoles have lost no more than one dual meet. Five times they have gone unbeaten. Several of Long's runners have earned All-America certificates and one, Danny Smith in the indoor high hurdles, is a two-time national champion.

Developing winners is only a part of Long's story of success at Florida State. His teams are noted for giving their very best no matter the situation. Considered one of the nation's finest "on-the-field" coaches, he has that special knack to bring forth the very best and perhaps a little bit more in his athletes.

His Florida State teams have been noted for a keen competitive sense and a strong unity that makes their overall effort that much greater. Many of his former athletes have carried that same sense of dedication, coaching technique and spirit into their own highly successful coaching careers.

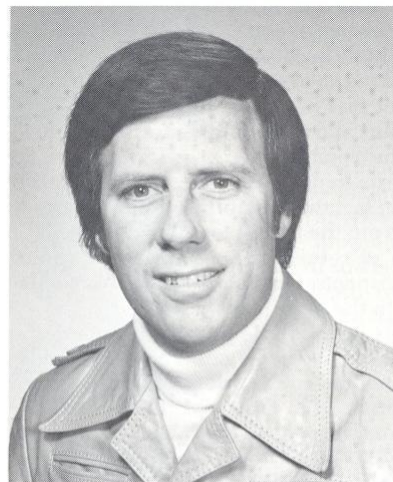
Several former Seminole track athletes paid an especially fine tribute to Long several years ago when they put together an expense paid trip to the Olympic Games for their former coach and his wife, Louise.

Track has been somewhat of a family affair during Long's tenure as all of his sons have participated in the program. Two, Curtis and Jim are currently serving as assistant coaches and a third, Terry is the track coach at Seminole Junior College.

Long holds a bachelor's degree from Minnesota and earned a master's at Florida State. He has 16 years coaching experience in Minnesota and Florida high schools before coming to Florida State in 1953 as an assistant coach in football, basketball and track.

DICK ROBERTS: ASSISTANT TRACK COACH

Dick is a man of many hats around the Florida State athletic department. In addition to his duties as an assistant to Coach Mike Long in the track program, he also serves as academic advisor to all athletes except those in football and as head of the Florida State cross-country team.



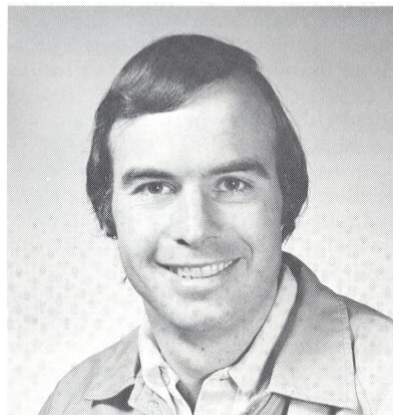
This will be the seventh season for the former Seminole distance star at his alma mater after a successful career as cross-country and track coach at Dunedin High School. His Dunedin teams produced one state championship, 10 individual championships and 13 state records.

One of the St. Petersburg native's primary responsibilities to the track program has been recruiting and he has proven highly successful by bringing several of the South's top athletes to the Florida State program. His on the field responsibilities include coaching the distance runners and the high jumpers and to coordinate home meet administration.

CURTIS LONG: ASSISTANT COACH

This will be Curt's fifth year as a coach with the Seminoles and his 10th overall with the program as both participant and coach.

A 1967 graduate of Florida State, he ran several events for the Tribe, but primarily worked in the quartermile and on the relays. Following his graduation he spent one year as an assistant before beginning a military service commitment from 1968-72.



After serving four years as a special services officer on bases in Southern California and Viet Nam, he returned to Florida State to continue his graduate studies and work with the track program.

Curt's primary on the field responsibilities will involve working with the pole vault, hurdles, long jump and triple jump. He is also responsible for travel planning and equipment purchasing.

GRADUATE ASSISTANTS

Also working with the Program this year are Paul Toran and Jim Long.

Paul, who also serves as coach of the Lady Seminoles Track team is working with shot put, discus and javelin personnel in the men's program. Jim will be primarily concerned with practice administration as well as working on starts and relay exchanges.

1976 OUTLOOK

Seminole Track Coach Mike Long does not throw words like "outstanding" and "excellent" around very freely. Indeed, when it comes to describing the chances of his Seminole Track teams, he usually likes to take a "wait and see" attitude. With the losses from last year's team including quality athletes the caliber of Vesco Bradley (NCAA qualifier in five events; fastest collegiate 100 in country at 9.3); Danny Smith (indoor high hurdle champion) and Tyrone Frederick, one would expect Long to be taking an even more cautious approach in his look ahead to this season. The fact that he is not, could mean a very enjoyable season for Florida State track fans and a tipoff to opposing coaches, they better be prepared when running the Seminoles.

"Prospects for another good year are excellent," says Long with optimism that is no less surprising than it is real. "In fact the possibilities of a great year are present if the coaches and athletes can put the pieces together as a team."

The Seminoles boast a good balance of returning veterans, solid junior college transfers and quality freshman prospects. Outstanding talent is available in all three areas and they give rise to the Seminoles' hopes.

Florida State's strongest single area this year will be the sprints where the best group ever to wear the Garnet and Gold have been gathered. The middle distance and distance groups are not far behind in the talent department and enough quality field events people are on hand to ensure points here also.

All-America Jesse Forbes, Pan American Games Gold Medalist Don Merrick and national prep high hurdle record holder Mike Roberson head the list of outstanding sprinters. Veterans Warner Miller, David Williams and Marvin Dixon cover things very well in the 440, while another pair of vets, Earl Caruthers and Glen Kettenacker resume their battles in the 880.

That group also means of course the Seminoles have the makings of excellent 440 and mile relay teams, a factor certainly not lost on Long who believes the Seminoles should be highly competitive nationally in both relays.

George West, Donnie Cook and Bob James return from last year's group of very competitive and rapidly improving distance runners and would appear to have their specialties well in hand once more. They will be bolstered by the arrival of "all everything" Tommy Curtis from Brandon High School's Florida state champion team.

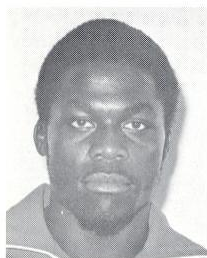
Depth will be the main thing lacking in the field events where the Seminoles have pole vaulter Phares Rolle (17-1) and high jumper Jeff Nedimyer (7-1) among their leading returners. Rolle will receive help in the pole vault from national junior college champion Manny Wetherbee while another national JC champion, Henry Finney will be a leading figure in the long and triple jumps. Rapidly improving Oscar Johnson, a Tribe veteran will also figure strong in the long and triple jumps.

The throwing events are the areas where the Seminoles must have the most dramatic results if the team is going to have overall balance and a reasonable shot at that "great season" Long talks about. Vinnie Bilotto returns in the shot, where he worked hard and pulled a few surprises last year. Newcomers Ray Nuredini and Adrian Hart will be counted on heavily in the discus and javelin.

The schedule is both demanding and challenging. The Seminoles will run all their indoor meets away, a situation they hope will change within the next couple of years as the prospects for the new Tallahassee Civic Center loom on the horizon. Three of the first four outdoor meets will be run on their own Chevron 440 surface and a fourth home meet closes the regular season in May. Dual meets are scheduled with South Carolina, Alabama, Auburn and Florida, along with the Penn Relays, the Springtime Tallahassee Invitational, the Florida Relays and the Southeastern Collegiate Championships during the Outdoor Season.



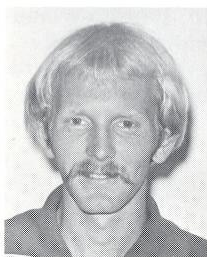
VINCE BILOTTO, Shot Put, Soph., 5-11, 212, 20, Long Island, New York — Returns after a fine freshman year in which his best throw was 53-7 . . . one of only eight non-Floridians on the squad . . . a fine technician, he should benefit from weight program track squad has been working with since last fall . . . his distance will improve as his weight and strength improves . . . hard worker whose future is bright.



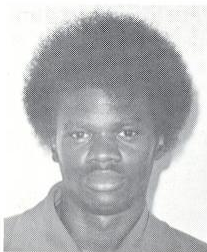
NATHANIEL BUTLER, Sprints, Fr., 5-8, 162, 20, Monticello — Rejoins former Jefferson High School teammate Warner Miller, who is a Seminole sophomore . . . strong, muscular type sprinter, quartermiler . . . had a good fall and is making a strong bid for a spot on both the 440 and mile relay teams . . . has personal bests of 9.6 in the 100-yard dash and 22.0 in the 220 . . . should work in well with strong Seminole sprint corps.



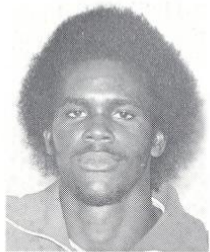
EARL CARUTHERS, 880, Soph., 6-1, 154, 19, St. Petersburg — Young half-miler with outstanding potential . . . his 1:50.7 half mile is the best ever by a Seminole freshman and second only to Tyrone Frederick's record 1:49.0 in FSU history . . . with a substantial move this year, he could become one of the best at national level . . . had a good fall practice . . . ran 1,000 last year indoors and was a consistent winner . . . if he makes the big move this year his potential is great.



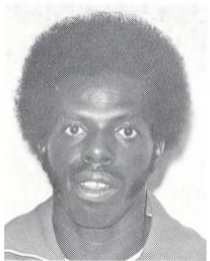
DONNIE COOK, Distances, Soph., 5-8, 120, 19, Winter Park — This young sophomore appears headed for greatness, especially at the longer distances . . . has a classic running style . . . a dedicated athlete, he worked hard last year and showed much improvement . . . one of several highly talented distance runners on this year's squad . . . worked in slowly last year because of the depth, but should be ready to play a big role this season . . . was state 4A high school champion.



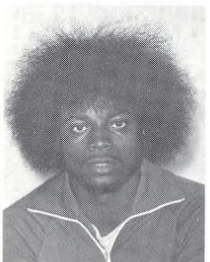
TOMMY CURTIS, Distances, Fr., 5-8, 138, 18, Tampa — Newest member of a highly talented group of distance runners . . . he could prove to be one of the best . . . had a good fall and showed ability to press the veteran runners . . . was "all-everything" at Brandon High School, last year's state 4A champion . . . should excel in the mile and as a relay runner . . . has run a 1:52.0 half mile in high school, the best ever in Florida.



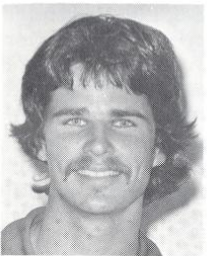
MARVIN DIXON, 440 and Relays, Sr., 6-0, 165, 22, Ft. Myers — One of those quality athletes best described simply as "a winner" . . . came to Florida State from Lake City JC where he teamed with another Seminole, David Williams . . . was a key man in both the 440 and on the relays last year . . . consistently a great competitor and has the size, speed and potential to be even better . . . appears headed for a fine senior season . . . has a personal best of 47.2 which he should lower easily.



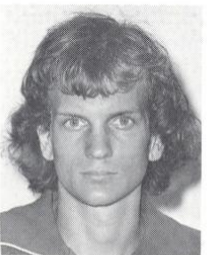
HENRY FINNEY, Long and Triple Jumps, Jr., 5-10, 168, 21, Birmingham, Alabama — The National Junior College Champion in both his specialties . . . has personal bests of 25-1 in the long jump and 51-8 in the triple jump . . . has strong leadership abilities that have already been felt on squad . . . will give the Seminoles a lot of added strength in the field events . . . has potential to rewrite school records in both events.



JESSE FORBES, Sprints and Relays, Jr., 5-8, 163, 21, Tallahassee — Earned All-America honors last year in the 100 . . . outstanding local athlete, who placed first at the Golden West Meet following his senior year in high school . . . has been slowed somewhat by a freshman injury, but appears to have regained his old form . . . made steady improvement last year and should be ready to make a big move this year . . . was member of U.S. Junior Olympic team which toured Russia and Europe in 1973.



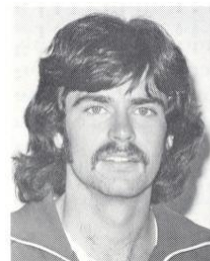
MARK HERMAN, Hurdles, Sr., 5-10, 159, 22, Winter Park — Three-year veteran who has improved steadily . . . should be ready for his finest year . . . worked hard during the fall and appears to have improved his speed . . . has a personal best of 52.3 in the intermediates . . . determined to have an outstanding senior season.



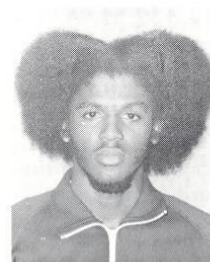
ROBERT JAMES, Distances, Sr., 5-11, 150, 22, Milton — This veteran squad member has been a mainstay of the distance runners for three seasons . . . took on challenge of the steeplechase last spring and made good progress . . . more of the same this year could put him among the very best . . . has personal bests of 4:09.2 in mile and 9:07.6 in the steeplechase.



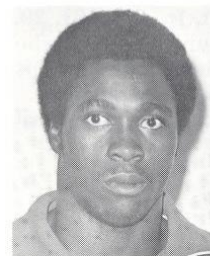
OSCAR JOHNSON, Long and Triple Jumps, 5-11, 172, 20, Punta Gorda — Emerged last season as a consistent point getter in the long and triple jump events . . . was one of the more pleasant surprises of the year . . . should give the Seminoles a good one-two-punch in the jumps this year . . . an excellent student and a Seminole Scholar Athlete.



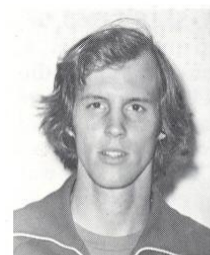
GLENN KETTENACKER, 880, Soph., 5-10, 147, 19, Titusville — As a freshman in 1975 he teamed with Earl Caruthers to give the Seminoles one of their finest pairs of half-milers ever . . . has a personal best of 1:51.3 that ranks him third on the Seminoles' all time list . . . he and Caruthers treated Seminole fans to some fine duels and more of fans to some fine duels and more of the same is expected this year . . . showed excellent speed and knack for rising to the occasion at meet time last spring . . . worked hard this fall to improve his stamina.



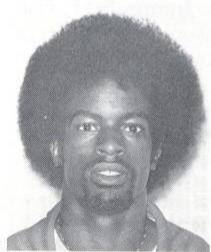
DON MERRICK, Sprints and Relays, Jr., 5-10, 155, 20, DeLand — World Class athlete and Olympic hopeful . . . won a Gold Medal at the 1975 Pan American Games as a member of the record setting 400-meter relay team . . . another in the long list of stand-out junior college performers to come to Florida State from Seminole JC . . . was the National JC Champion in the 100 and 220 . . . has a personal best of 9.2 in the 100 and a 20.7 in the 220 . . . ran with U.S. team that toured China.



WARNER MILLER, 440, 600 and Relays, Soph., 5-9, 161, 20, Monticello — Another in a strong group of freshman runners for the Tribe last year . . . cracked the school record in the 440 with a 46.8 time . . . was a national qualifier in the 600 last winter with a best time of 1:11.0 . . . a fierce competitor and another of those athletes best described as "a winner" . . . has great stamina and strength . . . experience gained last year should help him improve this year . . . was state 2A prep 440 champion at Jefferson County.



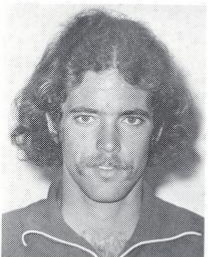
JEFF NEDIMYER, High Jump, Sr., 6-3, 162, 22, Titusville — Veteran high jumper who holds the school records both indoor and outdoor . . . has personal best of 7-1 . . . if he can maintain consistency at 7-feet he will rank among the best high jumpers in the country . . . is working hard and hopes to close his career with a high national ranking.



MIKE ROBERSON, Sprints and Hurdles, Fr., 5-9, 145, 19, Winter Park — Follows many other former Winter Park greats to the Seminole campus where he is expected to carry on their outstanding reputation . . . set the national prep high hurdle record at 13.2 and is tied for the national prep 220 mark at 20.6, also has a personal best in the 100 at 9.2 . . . credentials alone give him the stamp of an outstanding prospect . . . showed willingness to work hard this fall as he refined his hurdling techniques.



PHARES ROLLE, Pole Vault, Jr., 5-8, 169, 21, Winter Park — This little guy thrilled Seminole fans with his vaults and won their hearts with his courage and determination last year . . . overcame two injuries during the year to set both indoor and outdoor marks . . . has a personal best of 17-1 outdoors and 17-0 indoors . . . set a new Florida Relays record at 17-1 and was leading collegiate pole vaulter (second overall) in the Mason Dixon Games last year.



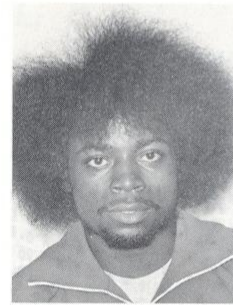
GEORGE WEST, Distances, Sr., 5-10, 135, 22, St. Augustine — A strong competitor with a smooth running style . . . came on strong toward the end of the season last year after being slowed early by a severe bout with the flu . . . a real battler who does not shy away from tough competition . . . was second at the National JC meet in the mile in 1974 . . . transferred a year ago from Florida JC in Jacksonville . . . is working hard to improve his speed this year and with this in mind he will see some duty with the two-mile relay team.



MANNY WETHERBEE, Pole Vault, Jr., 6-2, 161, 20, Orlando — Transfer from Seminole Junior College who will provide a big challenge to Phares Rolle . . . this youngster appears to be at his best in the big meets . . . won both the JC outdoor and indoor championships last year . . . has a personal best of 16-1.



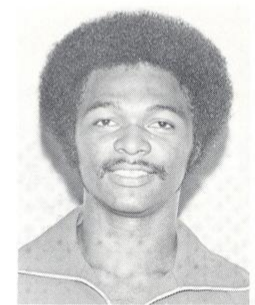
DAVID WILLIAMS, 440 and Relays, Sr., 6-1, 165, 22, Albany New York — A tall and talented quarter-miler . . . has a personal best of 47.1 in the open 440 and ran the leadoff leg on both the school record 440 and mile relays . . . was a strong consistent performer every time out of the blocks last year . . . has the qualities and character of a champion and hopes to make this "his year" . . . was leading 440 runner in Florida Junior colleges for two years before transferring to FSU last year.



Jesse Forbes



Ken Misner



Danny Smith

SEMINOLE ALL-AMERICANS

Mike Kelly	1969	USTFF 120-yd. High Hurdles
Mike Kelly	1969	USTFF 440-yd. IM Hurdles
Ken Misner	1969	NCAA Cross-Country
Danny Smith*	1974	NCAA 60-yd. High Hurdles
Danny Smith	1974	NCAA 120-yd. High Hurdles
Danny Smith*	1975	NCAA 60-yd. High Hurdles
Jesse Forbes	1975	NCAA 100-yd. Dash
Charlie Harris	1975	USTFF Triple Jump
Rudy Falana	1975	USTFF Long Jump
Tyrone Frederick	1975	USTFF 880-yd. Run

*Indoor National Champion

INDOOR RECORDS

EVENT	RECORD	HOLDER	YEAR
50-yd. Dash	:05.3	Doug Brown, Eddie McMillan, Danny Smith	1973
60-yd. Dash	:06.1	Kenny White Jesse Forbes	1965 1975
100-yd. Dash	:09.6	Eddie McMillan	1971
440-yd. Dash	:47.3	Joel Garren	1972
600-yd. Dash	1:11.0	Warner Miller	1975
880-yd. Run	1:52.4	Tyrone Frederick	1973
1,000-yd. Run	2:11.1	Earl Carruthers	1975
Mile Run	4:07.0	Bob Burr	1974
2 Mile Run	8:43.7	Ken Misner	1971
50-yd. High Hurdles	:05.8*	Danny Smith	1973
60-yd. High Hurdles	:06.9	Danny Smith	1974
70-yd. High Hurdles	:08.0*	Danny Smith	1975
Mile Relay	3:13.3	Eddie McMillan, Bernie Waxman, Randy Stow, Joel Garren	1971
2 Mile Relay	7:35.0	Wes Koenig, Bobby Brooks, Bob Burr, Tyrone Fredericks	1974
4 Mile Relay	17:33.4	Del Ramers, Jack Wise, Bobby Brooks, Ken Misner	1971
Distance Medley	9:52.4	Jack Wise, Randy Stow, Del Ramers, Ken Misner	1971
Shot Put	57'1 $\frac{3}{4}$ "	Osborn Brown	1973
Pole Vault	17'0"	Phares Rolle	1975
High Jump	7'0"	Jeff Nedimyer	1975
Long Jump	24'5"	Sid Gainey	1966
Triple Jump	50'6"	Charlie Harris	1974

*Ties World Record

OUTDOOR RECORDS

EVENT	RECORD	HOLDER	YEAR
100-yd. Dash	:09.3	Vesco Bradley	1975
220-yd. Dash (curve)	:20.9	Vesco Bradley	1974
220-yd. Dash (straight)	:20.3	Ron Harrison	1960
440-yd. Dash (2 curves)	:46.8	Warner Miller	1975
440-yd. Dash (1 curve)	:47.0	Jim Casteel	1958
880-yd. Run	1:49.0	Tyrone Frederick	1974
Mile Run	4:02.4	Bob Burr	1974
2 Mile Run	8:50.6	Ken Misner	1971
3 Mile Run	13:39.4	Ken Misner	1971
6 Mile Run	27:55.2	Ken Misner	1971
Steeplechase	9:07.6	Bob James	1975
120-yd. High Hurdles	:13.4	Danny Smith	1974
440-yd. IM Hurdles	:50.2	Mike Kelly	1969
220-yd. Low Hurdles	:22.6	Terry Long	1960
330-yd. IM Hurdles	:37.6	Steve Landis	1965
High Hurdle Shuttle Relay	:58.1	Barry Smith, John Fuss, Charlie Galloway, Roger Peterson	1974
440-yd. Relay	:40.0	David Williams, Vesco Bradley, Marvin Dixon	1975
880-yd. Relay	1:26.8	Quentin Till, Bill Davis, Terry Long, Charlie Johnson	1962
Mile Relay	3:08.5	Warner Miller, Earl Caruthers, Marvin Dixon, Mike Kincaid	1975
2 Mile Relay	7:28.7	B. Fleming, Bob Brooks, Wes Koenig, Tyrone Frederick	1973
4 Mile Relay	17:08.1	Jack Wise, Bob Brooks, Del Ramers, Ken Misner	1971
Sprint Medley	3:19.4	Danny Smith, Bruce Weldon, Joel Garren, Tyrone Frederick	1973
Distance Medley	9:51.3	George Kaiser, Randy Stow, Del Ramers, Ken Misner	1971
Long Jump	25'6"	Vesco Bradley	1975
Triple Jump	51'8 $\frac{1}{4}$ "	Charlie Harris	1974
High Jump	7'1"	Jeff Nedimyer	1975
Pole Vault	17'1"	Phares Rolle	1975
Shot Put	59'10"	Allen Williams	1963
Discus	168' 5"	George Frank	1969
Javelin	235'1"	Randy Hutchinson	1973
Decathlon	6,829	Charlie Galloway	1971

UNIVERSITY TRACK



Florida State's University Track is one of the nation's finest on-campus track facilities. Located conveniently to the athletic complex, the eight lane quarter mile oval has a highly regarded Chevron 440 running surface. The same surfacing material is used for the jump runways as well. The Chevron 440 surface 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. The University Track facility, completely enclosed and surrounded by tall pine trees, is used by the entire campus.

UNIVERSITY TRACK RECORDS

Event	Record	Holder and School	Year
Steeplechase	9:12.9	Andy Jackson (Miami Dade South)	1975
440 Relay	39.9	Charles Hopkins, Thomas Whitley, Ray Herbert, Rey Robinson (Florida A&M)	1974
Mile Run	4:00.2	Jim Schaper (South Carolina)	1974
120 High Hurdles	13.7	Hesley Bostic (Florida)	1975
440 Dash	46.1	Charles Oliver (Troy)	1974
100	9.3	Vesco Bradley (Florida State) Don Merrick (Seminole)	1975 1975
880	1:49.4	Larry Kelly (Tennessee)	1967
440 IH	51.8	Bob Rambo (Florida)	1975
220	20.8	Rey Robinson (Florida A&M)	1974
3 Mile Run	13:17.2	Barry Brown (Florida Track Club)	1973
6 Mile Run	29:21.4	Jeff Galloway (Florida Track Club)	1974
Mile Relay	3:10.9	David Williams, Marvin Dixon, Warner Miller, Vesco Bradley (Florida State)	1975
2 Mile Relay	7:36.6	Ben Vaught, Terry Martin, Wes Koenig, Glenn Kettenacker (Florida State)	1975
4 Mile Relay	17:15.0	Phil Taul, John Hexom, Vince Marino, Charlie Messenger (Unattached)	1975
Sprint Medley	3:29.8	Gary Woolford, Jesse Forbes, Mike Kincaid, Earl Caruthers (Florida State)	1975
Distance Medley	10:07.8	Glenn Kettenacker, Wes Koenig, Bob James, George West (Florida State)	1975
Pole Vault	17'3"	Mike Cotton (Florida)	1973
High Jump	7'1"	Jeff Nedimyer (Florida State)	1975
Long Jump	25'½"	Alvin Brown (Lake City)	1973
Triple Jump	51'11½"	Mike Sharpe (Florida)	1975
Shot Put	59'3½"	George Woods (Southern Illinois)	1966
Discus	183'9"	John Morton (Florida)	1968
Javelin	245'2"	Skip Cummins (Dartmouth)	1973

TRACK HONOR ROLL

The Track Honor Roll is a compilation of the top individual performers in each event. This list was compiled by Curtis Long as part of his doctoral studies in 1975-76. It contains only the single best marks for those individuals listed. It is not meant to be a listing of the all-time best marks in each event, but rather the top individuals and their best marks.

100-yd. Dash

- 9.3 Vesco Bradley, 1975
 - 9.3* Jesse Forbes, 1975
 - 9.4 Jesse Forbes, 1975
 - 9.5 Danny Smith, 1974
 - 9.5 Al Cato, 1965
 - 9.5 Kenny White, 1965
- *wind aided

220-yd. Dash (turn)

- 20.9 Vesco Bradley, 1974
- 21.0 Joel Garren
- 21.0 Jerry McDaniel, 1965
- 21.0 Jesse Forbes, 1975
- 21.4 Ken White, 1965
- 21.5 Jack Terwilliger, 1958

220-yd. Dash (straight)

- 20.3 Ron Harrison, 1960
- 20.8 John Poston, 1952
- 21.0 Jim Casteel, 1959
- 21.1 Jack Terwilliger, 1958
- 21.5 Craig Johnson

440-yd. Dash

- 46.8 Warner Miller, 1975
- 47.0 Joel Garren, 1972
- 47.0 Jim Casteel, 1958
- 47.1 David Williams, 1975
- 47.2 Marvin Dixon, 1975
- 47.4 Jerry McDaniel, 1965

880-yd. Run

- 1:49.0 Tyrone Frederick, 1974
- 1:50.7 Earl Caruthers, 1975
- 1:51.3 Glenn Kettenacker, 1975
- 1:51.4 Steve Oulman, 1969
- 1:51.5 George Griffin, 1968

Mile Run

- 4:02.4 Bob Burr, 1974
- 4:05.0 George West, 1975
- 4:05.7 Mike Conley, 1958
- 4:06.5 Ken Misner, 1970
- 4:08.3 Del Ramers, 1972
- 4:10.0 Bob Brooks, 1972

Two Mile Run

- 8:43.7 Ken Misner, 1971
- 9:24.3 Marc Williamson, 1967
- 9:29.2 Tom Graham, 1966
- 9:31.4 Kent Mills, 1959
- 9:35.5 Del Ramers, 1970

Three Mile Run

- 13:39.4 Ken Misner, 1970
 - 13:47.6 Bob Burr, 1975
 - 13:48.6# Del Ramers, 1972
 - 13:52.4 George West, 1975
 - 13:54.5 Bob Brooks, 1973
 - 13:55.4 Donnie Cook, 1975
- # 5,000 Meter equivalent

120-yd. High Hurdles

- 13.4 Danny Smith, 1974
- 13.7 Mike Kelly, 1969
- 14.2 John Fuss, 1971
- 14.2 Jim Broun, 1971
- 14.3 Roger Peterson, 1970
- 14.4 Charlie Vickers, 1968

440-yd. IM Hurdles

- 50.2 Mike Kelly, 1969
- 52.3 Charlie Vickers, 1968
- 52.4 Mark Herman, 1975
- 52.5 Steve Landis, 1966
- 52.7 Mark Herman, 1974
- 52.8 John Fuss, 1969

Shuttle Hurdle Relay

- 58.1 Barry Smith, John Fuss, Charlie Galloway, Roger Peterson, 1970
- 58.1 B. Smith, J. Fuss, B. Neylen, J. Broun, 1971
- 58.5 Parker, Fuss, Peterson, Kelly, 1969

440-yd. Relay

- 40.0 Bassa, Bradley, Williams, Forbes, 1975
- 40.0 Williams, Bradley, Dixon, Forbes, 1975
- 40.6 D. Smith, Bradley, Garren, Forbes, 1974
- 40.9 Brown, Kaufman, Lewis, Guy, 1970

Mile Relay

- 3:08.5 Williams, Caruthers, Dixon, Kincaid, 1975
- 3:10.8 Williams, Dixon, Miller, Bradley, 1975
- 3:13.1 Stow, Waxman, Sparling Garren, 1971
- 3:13.3 Oulman, Waxman, Link, Stow, 1970
- 3:13.5 Kaufman, Stow, Oulman, Kelly, 1969

880-yd. Relay

- 1:26.8 Till, Davis, T. Long, C. Johnson, 1962
- 1:28.5 Hamilton, T. Long, C. Johnson, Till, 1961
- 1:29.0 Cofer, Cunningham, Waxman, H. Smith, 1972
- 1:29.1 Keen, Davis, Till, Harrison, 1960

Distance Medley Relay

- 9:51.3 Kaiser, Stow, Ramers, Misner, 1971
- 9:59.8 Kaiser, Waxman, Ramers, Brooks, 1972
- 10:02.4 Koenig, Herman, Brooks, Burr, 1974
- 10:10.3 Wise, Sparling, Ramers, Brooks, 1972

Sprint Medley Relay

- 3:19.4 D. Smith, Weldon, Garren, Frederick, 1973
- 3:22.2 D. Smith, Bradley, Garren Frederick, 1973
- 3:24.4 Casteel, Butner, Terwilliger, Conley, 1958
- 3:26.8 Till, C. Johnson, T. Long, Davis, 1961
- 3:27.5 Guy, Sepulveda, Stow, Law, 1969

Two Mile Relay

- 7:28.2 Fleming, Koenig, Brooks, Frederick, 1973
- 7:32.2 Koenig, Brooks, Burr, Frederick, 1974
- 7:32.2 Nelson, Hohnadel, Winter, Brogle, 1965
- 7:33.4 Thomas, Link, Law, Griffin, 1968
- 7:37.3 Oulman, Law, Rickards, Thomas, 1969

Long Jump

- 25'6 $\frac{3}{4}$ " Vesco Bradley, 1975
- 24'11" Sidney Gainey, 1966
- 24'11" Vesco Bradley, 1974
- 24'10 $\frac{1}{4}$ " Rudy Falana, 1973
- 24'4 $\frac{1}{2}$ " Bernie Waxman, 1972
- 24'1" Gary Bassa, 1975

Triple Jump

- 51'8 $\frac{1}{4}$ " Charlie Harris, 1974
- 49'11" Charlie Galloway, 1970
- 49'2" Gary Bassa, 1975
- 49' $\frac{1}{2}$ " Phil Parker, 1969

Shot Put

- 59'10" Allen Williams, 1963
- 55'3 $\frac{3}{4}$ " Jeff Clark, 1962
- 55'0" Chuck Crowder, 54'4" John Snyder, 1970
- 54' $\frac{1}{2}$ " Don Ostergaard, 1961

Discus

- 168'5 $\frac{1}{2}$ " George Frank, 1969
- 167'0" Bruce McCampbell, 1971
- 160'7" Allen Williams, 1963
- 159'6" Dave Barton, 1970
- 157'11" Osborn Brown, 1973
- 156'6" John Snyder, 1970

Javelin

- 235'1" Randy Hutchinson, 1973
- 233'6" Jim Buck, 1971
- 227'5" Jerry Henderson, 1958
- 223'7" Rich Richekderfer, 1973
- 222'11" Roy Dunn, 1970
- 220'8" Bud Manning, 1967

High Jump

- 7'1" Jeff Nedimyer, 1975
- 6'10" Mike Lee, 1973
- 6'8" Jim Sauers, 1970
- 6'7 $\frac{1}{2}$ " Bud Manning, 1967
- 6'7" Mike Kelly, 1969

Pole Vault

- 17'1" Phares Rolle, 1975
- 16'6" Allen McMillen, 1972
- 16'1" Bill Jackson, 1971
- 15'10" Keith Ingram, 1974
- 15'3" Ron Fletcher, 1974

SEMINOLES NOW COACHING

NAME	HIGH SCHOOL	CITY
Ronald F. Ashley	Martin Co. High School	Stuart
David H. Barton	Winter Haven Sr. High School	Winter Haven
Michael Brock	Pace High School	Pace
John Brogle	Catholic	St. Petersburg
Ronald W. Brooks	Terry Parker	Jacksonville
Harold Chapman, Jr.	Stranahan	Ft. Lauderdale
Jerry Cousins	DeLand Sr. High School	DeLand
James E. Day	William Raines	Jacksonville
Jeff DeCola	Branden	Tampa
David M. Derrick	Northeast High School	St. Petersburg
James G. Evans	Palm Beach Gardens High School	Palm Beach Gardens
Rudy Falana	Largo Junior High School	Largo
Don Fuchs	Plantation	Ft. Lauderdale
Joel Garren	Catholic	St. Petersburg
Larry R. Green	Choctawhatchee High School	Fort Walton Beach
William F. Grey	Seminole Senior High School	Seminole
Brent C. Haley	Largo Senior High School	Largo
Charlie Harris	Seminole Community College	Sanford
David H. Huggins	Lyman High School	Longwood
Randy Hutchinson		Portland, OR
Michael F. Hutto	Walton Senior High School	DeFuniak Springs
Roy Jones	Hallandale High School	Hallandale
Bob Kellogg	Fernandina Beach	Fernandina Beach
John Kirk	Cocoa High School	Cocoa
Bennie Koenig	Havana High School	Havana
Steven G. Link	Leon High School	Tallahassee
Curt Long	Florida State University	Tallahassee
Jim Long	Florida State University	Tallahassee
Terry Long	Seminole Community College	Sanford
Bill Maxwell	Tennessee	Knoxville, TN
Jerry McDaniel	Lakeside	Atlanta, GA
Michael S. Miller	Dunedin High School	Dunedin
David Mitchell	Clay High School	Green Cove Springs
William R. Moremen	New Smyrna Beach Senior High	New Smyrna Beach
Don Murray	Boca Ciego	St. Petersburg
Warren Murray	Leonard	Ft. Lauderdale
James W. Pelham	James A. Shanks High School	Quincy
David E. Pitts	Blountstown High School	Blountstown
Bob Neylan		
Bob Noyes	Tennessee Tech	Cookeville, TN
Dick Roberts	Florida State University	Tallahassee
Don Roberts	McArthur	Ft. Lauderdale
Bob Sable	Chaminade	Hollywood
Gary Stewart	Ocoee Junior High School	Ocoee
Mark R. Sutherland	Frostproof High School	Frostproof
Hank Systma	Plant City	Plant City
David Thompson	Flagler Palm Court	Bunnell
Larry White	Buchholz	Gainesville
William Wild	Lake Brantley High School	Forest City

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
1974	Mike Long	None	7	2
1975	Mike Long	None	15	2

*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.)

SOUTHEASTERN COLLEGIATE TRACK AND FIELD CHAMPIONSHIPS

The Southeastern Collegiate Track and Field Championships (SCTFC) is one of the fastest growing meets in the Southeast. Begun just five years ago, the SCTFC field is quickly growing and could soon become a meet of not only regional, but also national significance. The meet was begun in 1972 primarily to provide competition for the independent schools on the same weekend that many major conferences hold their meets. The response from the start was good and the number of teams has grown each year, including several affiliated with conferences which do not run meets on the corresponding weekend.

MEET RECORDS

100-yd. Dash — 9.4, Rey Robinson (FAMU)	1974
220-yd. Dash — 20.8, Rey Robinson (FAMU)	1974
440-yd. Dash — 46.1, Charles Oliver (Troy St.)	1974
880-yd. Run — 1:49.6, Tyrone Frederick (FSU)	1974
Mile Run — 4:05.7, Johnny Walton (Ga. Tech)	1972
Three-Mile Run — 13:52.5, Bobby Burr (FSU)	1975
Steeplechase — 9:15.4, Terry Crews (Troy St.)	1975
120-yd. High Hurdles — 13.8, Danny Smith (FSU)	1974
440-yd. IM Hurdles — 52.2, Lindsey Plummer (Troy St.)	1975
440-yd. Relay — 39.9, FAMU (Hopkins, Whitley, Herbert, Robinson)	1974
Mile Relay — 3:11.1, Troy State (Turner, Myrick, Pickett, Oliver)	1975
Shot Put — 51'11¼", Mike Hill (So. Ala.)	1973
Discus — 169'7", Jim Owings (Ga. Tech)	1973
Javelin — 226'11", Jim Buck (FSU)	1972
Long Jump — 24'4", Ferrell Middleton (Mem. St.)	1975
Triple Jump — 50'7¾", Vernon Hargraves (FAMU)	1974
High Jump — 7'1", Jeff Nedimyer (FSU)	1975
Pole Vault — 16'0", Allen McMillen (FSU)	1973
and Phares Rolle (FSU)	1975

PREVIOUS WINNERS

Team Championship

1975 Florida State
1974 Florida State
1973 Florida State
1972 Not Scored

100-yd. Dash

1975 Jesse Forbes (FSU)
1974 Rey Robinson (FAMU)
1973 Danny Smith (FSU)
1972 Eddie McMillan (FSU)

220-yd. Dash

1975 Vesco Bradley (FSU)
1974 Rey Robinson (FAMU)
1973 Tom Reid (Baptist)
1972 Joel Garren (FSU)

440-yd. Dash

1975 Charles Oliver (Troy)
1974 Charles Oliver (Troy)
1973 Charles Oliver (Troy)
1972 Joel Garren (FSU)

880-yd. Run

1975 Phil Barker (Furman)
1974 Tyrone Frederick (FSU)
1973 Mike Beck (GT)
1972 Doug Parker (Baptist)

Mile Run

1975 Ricky Kirk (Mem. St.)
1974 Del Ramers (FSU)
1973 Dave McInnis (Baptist)
1972 Johnny Walton (GT)

Three-Mile Run

1975 Bobby Burr (FSU)
1974 Bobby Brooks (FSU)
1973 Ken Layne (Baptist)
1972 Bobby Brooks (FSU)

Steeplechase

1975 Terry Crews (Troy)

120-yd. High Hurdles

1975 Paul Riccardo (Baptist)
1974 Danny Smith (FSU)
1973 Danny Smith (FSU)
1972 Tom Ryall (Baptist)

Javelin

1975 Roger Ideozo (Baptist)
1974 Bucky McDonald (USA)
1973 Rich Richelderfer (FSU)
1972 Jim Buck (FSU)

440-yd. IM Hurdles

1975 Lindsey Plummer (Troy)
1974 Mike Shelly (So. Caro.)
1973 Mark Herman (FSU)
1972 Tom Ryall (Baptist)

440-yd. Relay

1975 FSU
1974 FAMU
1973 Baptist
1972 FSU

Mile Relay

1975 Troy State
1974 Baptist
1973 Troy State
1972 FSU

Shot Put

1975 Vince Bilotto (FSU)
1974 Osborn Brown (FSU)
1973 Mike Hill (USA)
1972 Chuck Crowder (FSU)

Discus

1975 Lamar McClain (GT)
1974 Dave Higgins (Mem. St.)
1973 Jim Owings (GT)
1972 Jim Blair (Baptist)

Long Jump

1975 Ferrell Middleton (Mem.)
1974 Rudy Falana (FSU)
1973 Rudy Falana (FSU)
1972 Bernie Waxman (FSU)

Triple Jump

1975 Paul Daniels (GT)
1974 Vernon Hargraves (FAMU)
1973 Charlie Harris (FSU)
1972 Jim Burgess (Baptist)

High Jump

1975 Jeff Nedimyer (FSU)
1974 Jeff Nedimyer (FSU)
1973 Jeff Nedimyer (FSU)
1972 Bill Stinson (FSU)

Pole Vault

1975 Phares Rolle (FSU)
1974 Doug Becker (Furman)
1973 Allen McMillen (FSU)
1972 Allen McMillen (FSU)