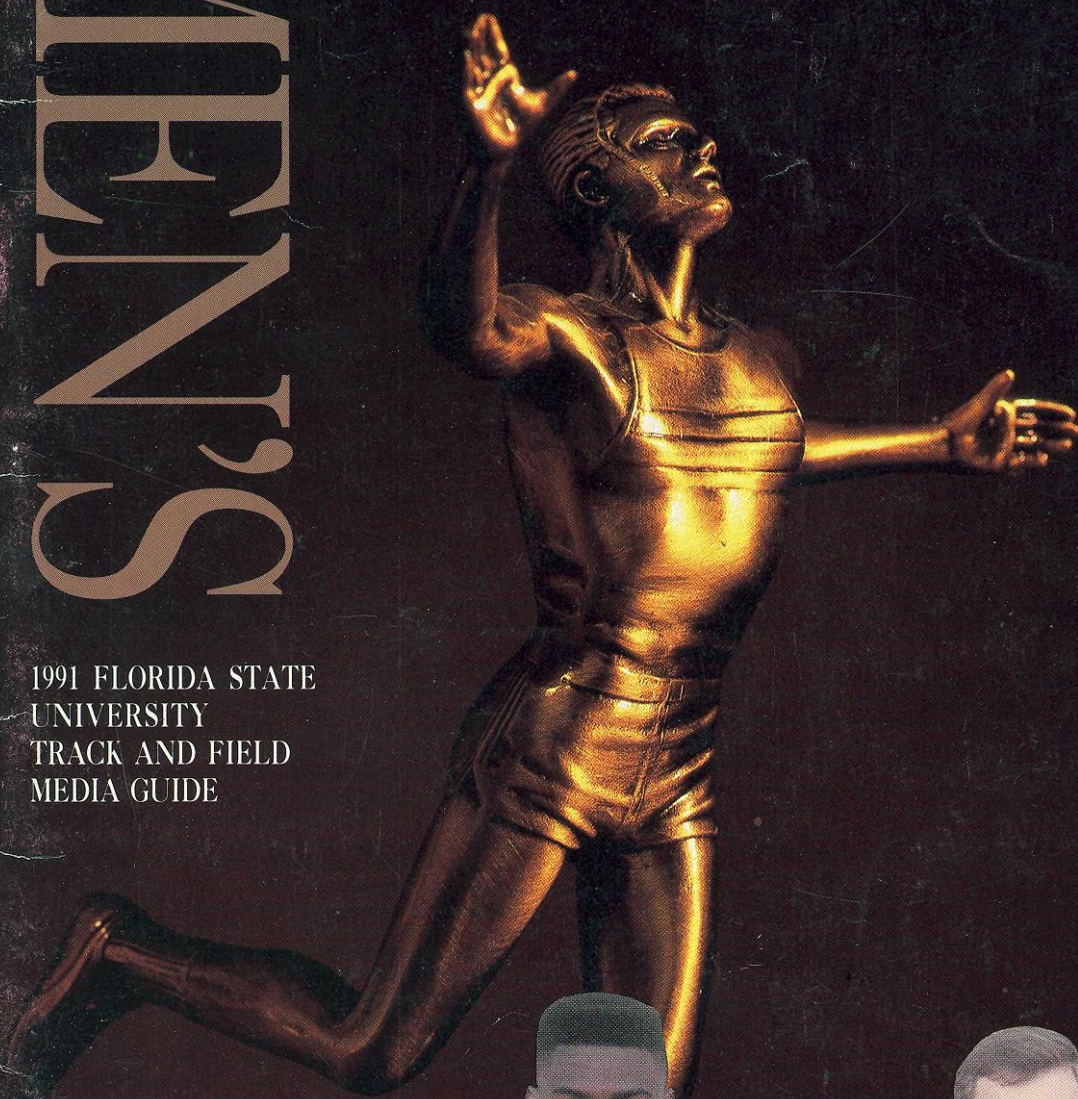


MEN'S

1991 FLORIDA STATE
UNIVERSITY
TRACK AND FIELD
MEDIA GUIDE



FLORIDA STATE

TABLE OF CONTENTS

Head Coach, Terry Long	1
Coaches	2
1991 Rosters	5
Indoor Records	5
FSU Seminoles Profiles	6
1991 Men's Outlook	10
Records	12
NCAA Qualifying	13

THERE'S MORE ...

Indoor Schedules	IFC Women's Section
Outdoor Schedules	IFC Women's Section
FSU Fingertip Facts	IFC Women's Section
Track Directory	IFC Women's Section
This Is Florida State	Women's Section, pg. 1
History	Women's Section, pg. 10
NCAA Champions	Women's Section, pg. 11
All-Americans	Women's Section, pg. 12
Cross Country	Women's Section, pg. 13

ATHLETIC DIRECTORY

Athletic Director	Bob Goin
Assistant Directors	Janice Stocker, Charles Hurst, Claude Thigpen, Larry Pendleton
Assistant to the Athletic Director	John Sheffield, Dr. John Eason, Brian Mand, Joe Labat
Business Manager	Greg Phillips
Marketing & Promotions Director	Terry A. Hume

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Director of Communications	Wayne Hogan
Assistants	Donna Turner Rob Wilson
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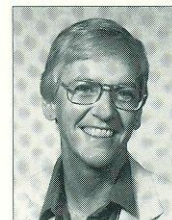
STAFF



Dr. Bernard F. Sliger
President

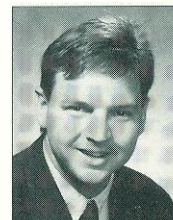


Bob Goin
Athletic Director



Dr. Janice Stocker
Assistant Athletic
Director

NOTE TO MEDIA



Joey Ferolito

Florida State track and field meets are held at Mike Long Track on the campus of Florida State University.

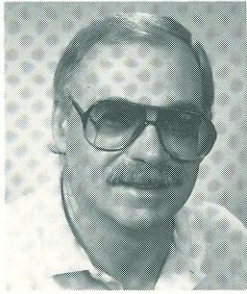
Members of the media may be seated in the press facility at the south end of the track. If any assistance is needed in covering the Seminoles at home, contact Joey Ferolito at the FSU Communications Office in the Moore Athletic Center at 904/644-1403.

At all home meets the SID staff will provide complete results and fax service. Coach Terry Long can be reached for interviews at 644-5550 anytime during the day before 3 p.m. Interviews of student-athletes or other information concerning the coaches or team members can also be handled by the Communications staff. Please let us know if we can be of any assistance to you in your coverage of Florida State athletics.



CREDITS: The 1991 Florida State Track and Field Media Guide was edited by student assistant Joey Ferolito with contributing writing and research by Wendy Knowles. Editorial assistance by Donna Turner. Photos by Bucky Parrish, Ross Obley, Ryals Lee and Jerry Kutz. Design by Vision Marketing, Inc. Printing by Artcraft Printers, Inc. **ON THE COVER:** Bottom Row (left to right): James Milton, Kevin Crist, Jason Frank; Top Row (left to right): Eric Chambers, Chris Sloan, Hillard Goldsmith.

HEAD COACH



Terry Long
(Florida State '63)

In 1991, Terry Long begins his third season as the head coach of both the men's and women's track teams. Following in his father's footsteps, Long continues the tradition thirteen seasons after

his father, Mike, retired as head men's track coach at Florida State. Long has been associated with the Seminole track program since he was 15 years old, his age when Mike Long began his head coaching legacy at FSU in 1955.

A few years later, Terry formally joined the program as a student-athlete and ran track for the Tribe for four seasons. His senior year, he had the nation's fastest time in the 220 yard hurdles. Completing his bachelor's degree in 1963, and his master's in 1965, both at FSU, Long then began his track coaching career as head track and assistant football coach at Seacrest High School in Delray Beach and then head track and cross country coach at Lakeland High School.

In 1986, Long rejoined Florida State as the head women's track coach and coordinator of both the men's and women's track teams. Following the retirement of men's coach Dick Roberts, after the 1988 season, Long became the head coach of both the men's and women's teams.

As head coach and administrator of the women's program over the past five seasons, Long continued a strong tradition of outdoor track success by the Lady Seminoles. He has kept Florida State near the top in women's track with a pair of top 10 outdoor finishes, a national championship 400 meter relay team, and 23 All Americans.

Last season, women's outdoor track finished 13th nationally and women's indoor track finished 18th. In 1990, Long lead the Seminole men to their 14th straight Metro Conference crown, and in 1988, Long tutored 1988 U.S. Olympian Arthur Blake who made the Olympic finals in the 110 high hurdles and is recognized as one of the top young hurdlers in the world. In addition to Blake, Long coached former Olympians Chandra Cheeseborough, Lakeland High School's Rey Robinson and Florida's sprinter Dennis Mitchell.

Long came to Florida State from the University of Florida where he served two seasons as an assistant men's track coach. However, Long built his reputation as a top track

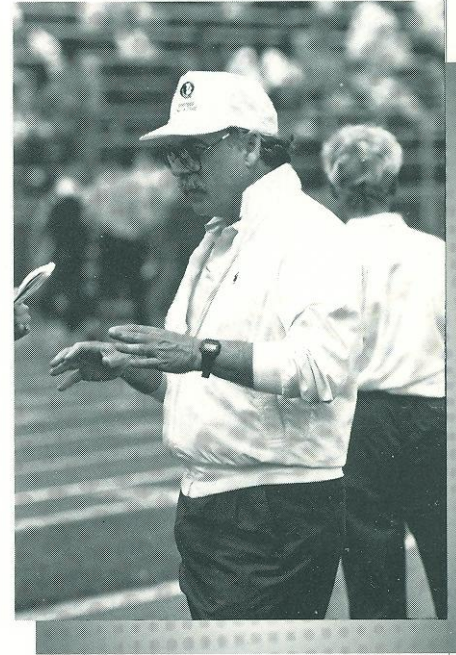
coach during 14 years of coaching at Santa Fe and Seminole Community colleges in Gainesville and Sanford, Florida, respectively.

While coaching in the Florida junior college ranks, Long developed literally hundreds of JC All Americans and 56 national junior college champions. His teams won 14 state junior college track and cross country titles. He was named Junior College National Coach of the Year three times and coached the Raiders

to runner-up spots at the national championships. In 1982 and 1983, he guided the Santa Fe CC women's team to back-to-back national championships before moving on to Florida State the next season.

During his tenure at Seminole, Long was inducted into the Florida Track Hall of Fame, joining his father.

The sport of track has certainly been a life long and family wide tradition in the Long family. In addition to



Mike Long, for whom Florida State's track facilities are named, his three sons all became coaches. Terry is now head coach at FSU, Jim an assistant for the Seminoles and Curtis the head coach at Western Kentucky.

Terry is extremely active in track outside of Florida State and even the state of Florida. In 1984, he coached the United States team in the first World Indoor Track Championships, held in Paris, France. Presently, he serves as co-chairman of the National Olympic Development Sprint Committee.

Long, 51, has been head coach of the Athletic Attic, Mazda and Bud Lite Track clubs and his indoor and outdoor teams have won six national TAC championships. In 1988, Long brought the TAC Junior National Meet to Tallahassee and worked closely with TAC personnel to make the meet a resounding success. FSU now looks forward to hosting the TAC World Cross Country trials February 2, 1991.

A Tallahassee Leon High School graduate, Long is married to DeeDee Malone Long. 🏆

Age: 51

Years at Florida State: 6

Years of Collegiate

Coaching Experience: 21

Collegiate Coaching

Experience:

Florida State-Head Coach (men's and women's-1989-present),

Coordinator (men's and women's track-1987-88), Women's Head

Florida-Men's Assistant Coach (1984-85)

Santa Fe Community College-Head Coach (1982-83)

Seminole Community College-Head Coach (1970-82)

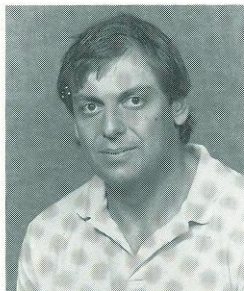
High School

Coaching Experience:

Lakeland Senior High School-Head Track and Cross Country Coach (1968-70)

Delray Beach Seacrest High School-Head Track and Assistant Football Coach (1966-68)

COACHES



**Pat
O'Connor**
**Recruiting Coordinator/
Throws**
(University of Iowa '82)

Pat O'Connor starts his second year at Florida State after tenures at Central Missouri State and Colorado, where he coached throwers for eight years.

A native of New Hampton, Iowa, O'Connor walked on at the University of Iowa, where he earned three letters. He broke the school record in the shot put as a junior.

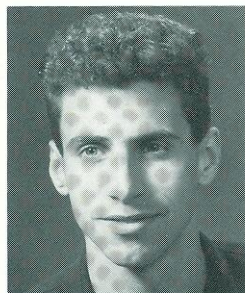
O'Connor served at Central Missouri State from 1982-87, where he coached four Division II All-Americans, including Mark Blahnik, the 1987 indoor high jump champion. All throwing event records for both the men and women were broken by CMS athletes under O'Connor's tutelage.

While at Colorado, O'Connor coached two time Big 8 high jump champion Jason Dudley along with four throwers who finished in the top three places at the conference meet.

Last year at Florida State all the men and women throwers O'Connor coached recorded personal bests.

Pat and his wife, Amy, have been married for two years.

Age: 31
Years at Florida State: 1
Years of Collegiate Coaching Experience: 9
Central Missouri State Assistant Coach (1982-1984 and 1985-1987)
University of Colorado Assistant Coach (1987-1989)
Collegiate Track Experience: University of Iowa-shot put (1977-1980)



**Mike
Curcio**
**Graduate Assistant Coach/
Distance**
(Appalachian State '87)

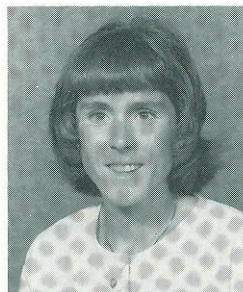
Mike Curcio is beginning his third season with the Seminole staff as a graduate assistant in the program and currently works with cross country coach Sue Addison in developing the middle distance and long distance runners.

A four-year letterwinner and three-time All Southern Conference selection in middle distance at Appalachian State, Curcio participated on both the track and cross country squads. He then returned to his native New York to head St. John the Baptist High School's track program. In that position, he was responsible for all aspects of running

the track program for one of the largest Catholic schools in the state.

He is currently working on a master's degree in Athletic Administration after earning a Bachelor's degree from Appalachian State in 1987.

Age: 25
Years at Florida State: 3
Collegiate Coaching Experience:
Florida State-graduate assistant (1988-present)



**Sue
Addison**
**Cross Country Coach/
Distance**
(Michigan State '78)

Sue Addison enters her third season as a member of the Seminole track and field coaching staff. A veteran runner and coach, she handles the middle distance and distance runners in the spring and will direct all aspects of the cross country program in the fall.

Addison joined the staff two years ago, and although a newcomer to Tallahassee, she is not new to track and field. A three-time All-American at Michigan State and a member of six U.S.A. National Track teams, she was ranked the number one miler of 1986 for the U.S. while representing Reebok as an international track athlete. In addition, she was the national champion in the 800 meters (2:03) her junior year at Michigan State and in 1986 posted the nations best time in the mile run (4:23), which stands as the third fastest time ever.

Addison's coaching experience includes a stint as head women's track & cross country coach at Brown University during the 1981-82 season and assistant track and field coach at the University of Colorado from 1985-1988. During her tenure at Colorado, she developed the Buffaloes' cross country team into one of the strongest in the Big Eight Conference. This included coaching two All-Americans and four Big Eight Champions, one being Mike Macinko, an 800 meter runner who represented the United States in the World Cup.

Completing her bachelor's degree in Physical Education in 1978 and her master's in Athletic Administration in 1981, both from Michigan State, Addison is proving to be a great asset to the Florida State Seminoles. In her first year at Florida State all the middle distance and distance runners set personal bests under her guidance.

Addison and her husband, Ron, have been married for nine years.

COACHES

Age: 34

Years at Florida State: 2

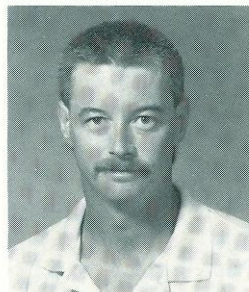
Collegiate Coaching Experience: 7

Brown University-Head Women's Track & Cross Country Coach (1981-1982)

University of Colorado-Assistant Track & Field Coach (1985-1988)

Collegiate Track Experience: 4

Michigan State-Track & Field, Cross Country (1974-1978)



Dennis Nobles

Assistant Coach/Field Events
(Florida State '82)

Dennis Nobles enters his sixth year with the Seminole track and field staff and has developed into one of the top young coaches in the field.

A pole vaulter on FSU's track team from 1979-81, Nobles graduated cum laude from Florida State's School of Physical Education. He went on to obtain his master's degree from FSU in Exercise Physiology in 1983.

Following graduation from Florida State, he began his coaching career at Wayland Baptist College, a NAIA track powerhouse in Plainview, Texas.

While there, he coached 17 All-Americans, two national champions, a pair of Olympic qualifiers and a national record holder. He also led that school to a national championship and two runner-up finishes.

He returned to his alma mater in 1985 to accept a position as assistant coach. Nobles has since coached several All-Americans, another Olympian and a world record holder. He is currently working towards his Ph.D in Athletic Administration.

His duties at FSU include coaching athletes in the javelin, long jump and triple jump events. In recent years, he has been invited to participate in the elite women's javelin clinic in Long Beach, California.

Nobles and his wife, Vicki, have one daughter, Sally.

Age: 33

Years at Florida State: 6

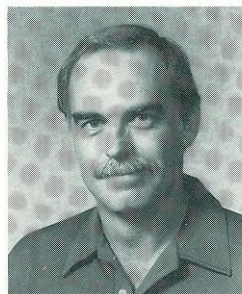
Years of Collegiate Coaching Experience: 8

Collegiate Coaching Experience:

Florida State-Assistant Coach (1985-present)

Wayland Baptist-Assistant Coach (1984-1985)

Collegiate Track Experience: Florida State-pole vault (1979-1981)



Jim

Long

Assistant Coach/Hurdles
(Florida State '70)

Jim Long brings a lengthy track background to his 15th season with the Florida State program.

A former Seminole sprinter and son of former FSU head coach Mike Long, Jim came back to his alma mater in 1975 as an assistant coach. His return followed a successful stint as head track coach Leon High School in Tallahassee.

Long's duties have varied since his arrival. He coached the sprinters and hurdlers until 1978, when he began working with the pole vaulters and decathletes in addition to the hurdlers. His current position has him directing athletes in both hurdle races and certain decathlon events.

During his years on the Florida State staff, Long has coached 21 NCAA All-Americans and 21 Metro Conference champions. One former All-American decathlete, Rohn Stark, has been one of the NFL's top punters over the past few seasons. He also coached Olympian hurdlers Kim McKenzie and Arthur Blake.

Long holds a bachelor's degree in Humanities, a master's in History and needs only a dissertation before completing a doctorate in Physical Education.

He has served as a clinician at the U.S. Olympic Development camp in Orlando, joining brothers Terry, head coach at Florida State and Curtis, his Western Kentucky mentor. This past summer, Long was inducted into the Florida Track Hall of Fame.

He and his wife Janis have two sons Justin, 14, and Jarrett, 11.

Age: 40

Years at Florida State: 15

Years of Collegiate Coaching Experience: 15

Florida State-sprints, hurdles, decathlon, pole vault (1975-1989)

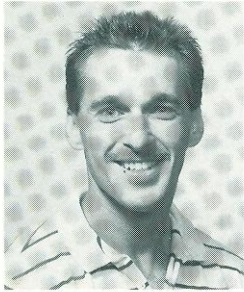
Collegiate Track Experience:

Florida State-sprints (1966-1970)

Member-Florida Track Hall of Fame

A pair of Florida State track coaches are former NCAA Champions. Distance coach Sue Addison was the 1977 national champion in the 800-meters (2:03) out of Michigan State. Kim McKenzie won the 1983 100m hurdle title as a junior at Texas El Paso and also captured a bronze medal for the United States in the 100m hurdles at the 1984 Olympic games in Los Angeles.

COACHES



Tom Shaw
**Assistant Coach/
 Home Meet Administrator**
 (Central Michigan '82)

Tom Shaw enters his fourth year with the Florida State staff in 1991 with added responsibilities. Shaw has served as Home Meet Coordinator for the past three seasons and will continue in that capacity this year. In addition, he will be working with men's and women's sprinters and jumpers as well as assisting recruiting coordinator Pat O' Connor.

Shaw, a native of Phoenix, Arizona, joined the Seminole staff after spending four years as the varsity track coach at Hudson High School in Tampa, Florida. While there, he led the program to a third place finish at the state meet in his final season. In 1985, he earned St. Pete Times and Tampa Tribune Coach-Of-The-Year honors for his work at Hudson.

Prior to moving to the position at Hudson, Shaw was a four-time letterwinner at Central Michigan. He graduated in 1982 with a bachelor's degree. He also earned his master's degree in education from CMU in 1983, keeping up an impressive GPA of 3.85.

In 1989, Shaw worked with vaulters and recruited two of the premiere field eventers in the country, pole vaulter Jeff Bray and high jumper Kevin Crist. Additionally, Shaw successfully recruited ten athletes to the Seminole program, four of who were listed as the #1 athletes in the nation in their events.

During the summer, Shaw is the director of the highly successful Seminole Summer Camps and Clinics. Shaw was elected as the TAC Southeast director for Olympic developmental pole vaulters, where he is in charge of the pole vault education schools for the seven southern states. Tom has also written many articles for *Scholastic Coach* magazine, *Technique* and *Track and Field Quarterly Review* on sprinting, pole vaulting, and speed improvement.

Age: 31
Years at Florida State: 4
Collegiate Coaching Experience: 4
 Florida State-Assistant Coach (1988-1989)
Collegiate Track Experience: Central Michigan-sprint relays (1978-1982)



Kim McKenzie
**Assistant Coach
 Hurdles**
 (Texas El Paso '84)

Kim McKenzie begins her fourth season on the Florida State staff in 1991. The former Olympic bronze medalist began her coaching career with Florida State in 1987 as a volunteer assistant while training for the 1988 games.

McKenzie was a member of the 1984 U.S. Olympic team and won the bronze medal in the 100 meter high hurdles in Los Angeles. She brings a multitude of experience and talents to her duties with the sprinters and high hurdlers, whom she has helped for the past two years. She currently competes for the Mazda Track Club.

A native of Detroit, Michigan, McKenzie has an extensive background in national and international track. Last year she set the American record in the 50 meter hurdles in an indoor meet in Canada. In addition, McKenzie was the NCAA Champion in the 100 meter hurdles in 1983, her junior season at Texas El Paso. The following season, she took runner-up honors at the NCAA meet. McKenzie also captured a silver medal at the Pan Am Games in the 100 meter hurdles.

McKenzie and her husband Leander, a six-time All-American at Florida State, have one son, Leander III.

Age: 28
Years at Florida State: 4
Collegiate Coaching Experience: 4
 Florida State-Assistant Coach (1987-present)
Collegiate Track Experience: Texas El Paso-sprints, hurdles (1980-1984)



RIGHT: Terry Long accepts the Metro Championship Award from Associate Director of Communications Gail Sideman.

SEMINOLE MEN

NAME	EVENT	CLASS	EXP.	HOMETOWN
Shannon Baker	S, R	Fr.	RS	Lakeland, FL
Mark Bednarz	MD	So.	1L	Garfield, NJ
Jeff Bray	PV	Fr.	RS	Bloomfield, NM
Eric Chambers	T	Jr.	2L	Apopka, FL
Rob Circelli	MD	So.	1L	Port Orange, FL
Benji Coil	PV	Fr.	RS	Winter Park, FL
Kevin Crist	J, ME	So.	1L	College Park, GA
John Crossman	S, R	Fr.	RS	Casselberry, FL
Matthew Dobson	D	Sr.	1L	Jay, FL
Jason Frank	D	Jr.	2L	Nobleton, FL
Corey Fuller	S, R	Fr.	HS	Tallahassee, FL
Tom Gerrets	H	Sr.	1L	Harvey, LA
Hillard Goldsmith	S, R	So.	1L	Pensacola, FL
Robert Haeck	PV	Jr.	JC	Leesburg, FL
Michael Hampton	MD	Fr.	HS	Punxsutawney, PA
Kole Handy	D	So.	TR	Ponte Verde, FL
Philip Healy	MD	So.	HS	Northern Ireland
Nehemiah Jefferson	S, R	So.	1L	Tallahassee, FL
Jason Kaiser	D	Fr.	RS	Winter Park, FL
Rance Kay	MD	Jr.	1L	Ocala, FL
Chris Keeney	D	Jr.	2L	Honolulu, HI
Chris Keen	PV, T	So.	1L	Jefferson, GA
Daniel Lucas	D	Fr.	RS	Tampa, FL
Darrell Meadows	PV	Jr.	Jr.	Orlando, FL
James Milton	S, J, R	Jr.	2L	Ocala, FL
Chris Mooney	D	Sr.	2L	Bronx, NY
Kelsey Nash	S, J, R	Fr.	HS	East Point, GA
Art Nelson	J	Sr.	1L	Charleston, SC
Darren Nutt	S, H, R	So.	1L	Overland Park, KS
Scott Peterson	T	Fr.	HS	Lafayette, LA
Joe Ricca	PV	Sr.	SQ	Toms River, NJ
John Rothell	H, R	Fr.	HS	Titusville, FL
Chris Sloan	S, H, R	Sr.	3L	Clearwater, FL
Dante Snodgrass	S, R	Fr.	HS	Huntsville, AL
Matthew Terry	HJ	Fr.	RS	Cantonment, FL
John Winkler	D	So.	RS	Miramar, FL

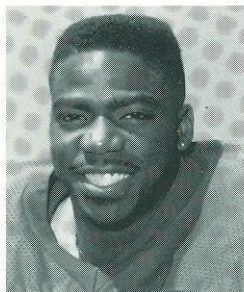
J-Jumps; S-Sprints; H-Hurdles; PV-Pole Vault; ME-Multi Events MD-Middle Distance; T-Throws; HJ-High Jump; D-Distance; R-Relay



INDOOR RECORDS

55m Dash	Mike Roberson	6.13	1979
55m Hurdles	Arthur Blake	6.05	1988
800m Dash	Rob Circelli	1:48.86	1991
Mile Run	Cliff Cook	4:05.60	1979
3,000m Run	Herb Wills	8:04.10	1982
5,000m Run	Herb Wills	14:00.10	1982
1600m Relay	Leander McKenzie, Reggie Ross, Charlie Carr, Vince Wahsington	3:08.67	1984
3200m Relay	Allen Williams, Billy Pennick, Mark Bednarz, Jason Frank	7:29.00	1990
Shot Put	Mike Bell	59'0"	1987
Pole Vault	Tom Reither	17'8"	1988
High Jump	Darrell Wills	7'3-1/2"	1986
Long Jump	Billy Close	25'6-1/4"	1987
Triple Jump	Leon Hutchins	51'3-1/2"	1982

SEMINOLE PROFILES



Shannon

Baker

5-10, 180

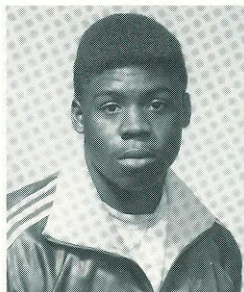
Freshman - RS

Lakeland, FL

(Lakeland HS)

Career Bests—Collegiate Indoor: 55m (6.34); 200m (21.5) High School Bests: 100m (10.3); 200m (21.5)

Coaches are hoping Baker will follow in the footsteps of former star football players who also excelled on the track...a talented sprint prospect as well as one of the nation's finest wide receivers...the fastest player on the FSU football team...expected to run with both relays teams...ran with the indoor track team a year ago...should return from spring football in time to run at the Metro meet...**Prep** - two time state 4A champion in the 100-yard dash, running a 10.3 at the state meet as a senior...also won the 200-yard dash...a two-time 4A all-state football selection at wide receiver ('87) and quarterback ('88)...honorable mention All-America choice by USA Today...**PERSONAL** - born July 20, 1970.



Eric

Chambers

6-1, 225

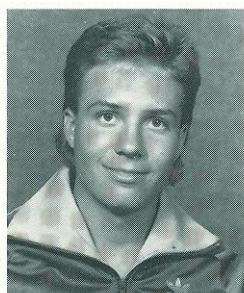
Junior - 2L

Apopka, FL

(Lake Brantley HS)

Career Bests—Discus (175-1); Shot (52-0)

Returns as a leading candidate to reach the NCAA meet among throwers...a versatile athlete that has worked to stabilize this area for Florida State...**1990 As a sophomore** - placed fourth in the discus at the Metro...was fifth in the shot and sixth in the hammer...**1989** - red-shirted in 1989...**As a Freshman in 1988** - spent most of the indoor and outdoor season recovering from pneumonia...sidelined for more than a month and lost much of the strength and bulk he gained during the fall...**Prep** - Won the Florida 4A shot put title as a senior in 1987 (56-1)...one of three state champions signed by FSU in 1987...an all-district linebacker at LBHS...**Personal** - a communications major...born July 8, 1970.



Mark

Bednarz

6-1, 167

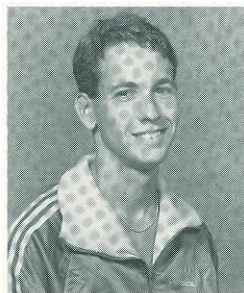
Sophomore - 1L

Garfield, NJ

(Paramus Catholic)

Career Bests—800m (1:49.6)

Expected to lead a very young and talented group of middle distance runners...**1990 As a Freshman** - placed 4th in the 800m at the Metro meet...took first in the 800m at the FSU Relays...**Prep** - signed at FSU out of Paramus Catholic HS in Garfield, NJ, where he was a high school All-American in the 800m (PR 1:51.8)...was an all-state performer and finished seventh in the 800 meters at the USA Junior National Meet...**Personal** - enrolled in FSU's undergraduate studies program...born February 12, 1971.



Rob

Circelli

5-9, 137

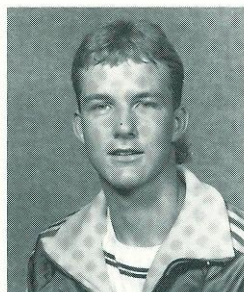
Sophomore - 1L

Port Orange, FL

(Spruce Creek HS)

Career Bests—1,500m (3:49.1); 800m (1:51.6)

Will once again be relied upon to add to a strong unit at FSU...placed 15th at the Metro Cross Country Championships this fall...**1990 As a Freshman** - won the Metro Championship in the 1,500 meters (3:49.18)...**Prep** - Conference champion in the 1/2, 1 and 2 mile runs for three consecutive years at Spruce Creek HS...**Personal** - an accounting major...born January 8, 1971.



Jeff

Bray

6-0, 155

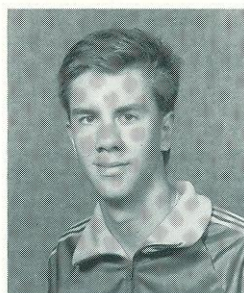
Freshman - RS

Bloomfield, NM

(Elk City HS)

Career Bests—Collegiate Indoor: PV (17-0); High School Bests: PV (17-7 1/4)

Will head the Florida State pole vaulting crew...a talented athlete who should challenge NCAA qualifying standards...**1990 As a Freshman** - participated in indoor season only and red-shirted during the outdoor season...**Prep** - a prize recruit brought into the FSU program by recruiting coordinator Tom Shaw...the top prep pole vaulter in the nation in 1989 out of Oklahoma's Elk City HS...a three-time all-state performer...was the AAU National Indoor Champion...also won the pole vaulting title at the Golden West Invitational...**Personal** - enrolled in FSU's undergraduate studies program...born September 8, 1970.



Kevin

Crist

6-8, 185

Sophomore - 1L

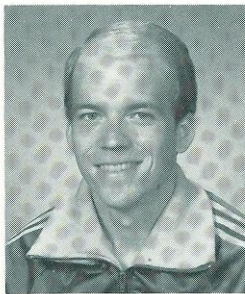
College Park, GA

(Woodward Academy)

Career Bests: High Jump (7-2)

Should also challenge NCAA standards with a year of experience under his belt...a highly touted prep who will compete in the decathlon as well...**1990 As a Freshman** - placed fourth in the high jump at the Metro meet...**Prep** - The top prep high jumper in the country in 1989 out of Woodward Academy...won the state championship in his junior and senior seasons...also named Georgia Track Athlete of the Year in 1988 and 89...ranked number 1 by USA Today after a PR of (7-2 1/2)...**Personal** - a physical education major...born July 16, 1970.

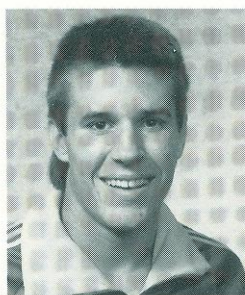
SEMINOLE PROFILES



**Matthew
Dobson**

**6-0, 145
Senior - 1L
Jay, FL
(Jay HS)
Career Bests: 5,000m (15:09);
10,000m (31:33)**

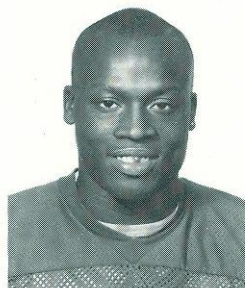
Should add depth to the distance crew...**1990 As a Junior** - placed sixth in the 5,000 at the Metro meet (15:09)...was fifth in the 10,000 (31:33)**1988-89 At West Florida** - State college division runner-up in cross country...**Prep** - 1987 Class A state champion in the mile...Pensacola News-Journal Track Athlete of the Year in 1987...Track and Cross Country MVP at Jay HS...**Personal** - a criminology major...born September 7, 1969.



**Jason
Frank**

**6-2, 170
Junior - 2L
Nobleton, FL
(Hernando HS)
Career Bests: 800m (1:49.1);
1,500m (3:47.1)**

FSU's top returning middle distance runner...should be the leader in this strong area for FSU...should set PR's in the 800, 1,500 and 5,000 this season as he will have some support from a talented distance crew...a two-time all-Metro performer in cross country...placed third at the Metro cross country meet, FSU's top finisher...was 14th overall at the NCAA District III meet...**As a Sophomore in 1990** - ran with school record 3,200m relay team during the indoor season...nearly broke school mark in indoor mile...sixth in the 800 meters at the Metro Championships...**As a Freshman in 1989** - placed 6th in the 800m at the Metro Conference Championships...truned in a season best 1:49.9 at the Tampa Gatorade meet...**Prep** - One of the top middle distance prospects in Florida out of Hernando HS...**Personal** - a business major...born October 2, 1970.



**Corey
Fuller**

**6-1, 190
Freshman
Tallahassee
(Rickards HS)
High School Bests: 100m (10.43)**

Has impressed FSU coaches with his tremendous speed...should make a significant impact in 1991...expected to run with FSU's 400m relay squad, giving it a legitimate shot at qualifying for the NCAA Championships...**Prep** - 1989 Tallahassee Democrat Player of the Year in football out of Rickards HS...played both wide receiver and defensive back...chose FSU over Florida...**Personal** - enrolled in FSU's undergraduate studies program...born May 1, 1971.



**Hillard
Goldsmith**

**5-9, 155
Sophomore - 1L
Pensacola
(Washington HS)
Career Bests: 400m (47.09)**

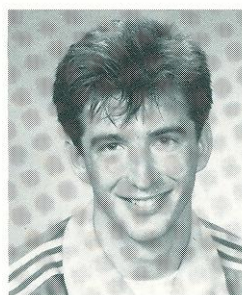
Joins a group of returnees that are ready to perform at NCAA standards...a versatile athlete who will add middle distance events to his sprinting duties...will run with FSU's 1,600m relay team...“can be as good he wants to be,” says FSU Head Coach Terry Long...**As a Freshman in 1990** - Metro runner-up in 400 meters...**1989** - Red-shirted in 1989...**Prep** - Most Outstanding Male Athlete at the LSU Invitational as a senior...1988 West Florida Track Athlete of the Year...named to the all-city track team...**Personal** - a criminology major...born November 7, 1970.



**Michael
Hampton**

**5-9, 143
Freshman
Punxsutawney, PA
(Punxsutawney HS)
High School Bests: 800m (1:52.8);
1500m (3:50.1)**

Injured during the cross country season after competing in the first three meets...should return and make an impact during the track season...was third at the Jr. Nationals in the 1,500...**Prep** - the top 1,500m prep in the nation last year (3:50.1)...a high school All-American out of Punxsutawney HS...PR'd at 1:52.8 in the 800m...**Personal** - enrolled in FSU's undergraduate studies program.



**Philip
Healy**

**5-11, 160
Freshman
Northern Ireland
High School Bests: 800m (1:52.6);
1500m (3:45.9)**

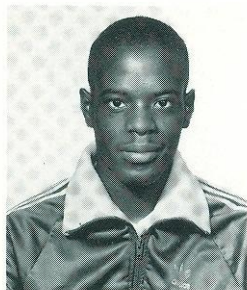
Bounced back from a stress fracture to compete in the final three cross country meets...should be fully recovered in time for the track season...placed 20th at the Metro Cross Country Championships...**Prep** - the top middle distance prep in Ireland in 1990...PR's of 1:52.6 (800) and 3:45.9 (1,500)...**Personal** - enrolled in FSU's undergraduate studies program...born October 1, 1970.

On September 15, 1990, Florida State University officially joined and became the ninth member of the Atlantic Coast Conference. Of FSU's 16 varsity sports, all but football will compete in the ACC beginning in the 1991-92 season. Next year, Florida State will compete with:

*Clemson University
Duke University
Georgia Institute of Technology
University of Maryland*

*University of North Carolina
North Carolina State University
University of Virginia
Wake Forest University*

SEMINOLE PROFILES

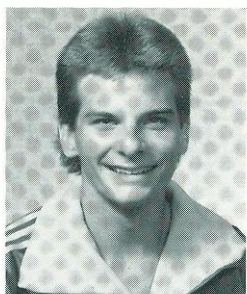


**Nehemiah
Jefferson**

**6-0, 155
Sophomore - 1L
Tallahassee, FL
(Rickards HS)**

Career Bests: 400m (48.02)
Returns to add depth to the individual sprint events and speed to the relays...known for ability to rise to the occasion at big meets...has tremen-

dous potential...came to Florida State with limited track experience...**As a Freshman in 1990** - placed fourth in the 400 meters at the Metro Championships...anchored FSU's conference championship 1,600m relay team...**Prep** - placed 5th at the state class 3A meet in the 400m in 1989...also placed fifth at the Golden South meet...PR'd at 50.1 at Rickards HS...**Personal** - a marketing management major...born January 3, 1971.

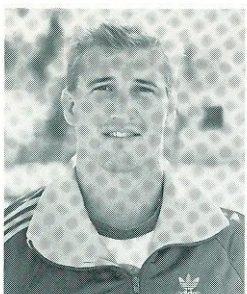


**Chris
Keeney**

**5-9, 135
Junior - 2L
Honolulu, HI
(Punahov HS)**

A consistent improver as a middle distance runner...competed in all six meets during the cross country season...**1990 As a Sophomore** - earned his second letter in 1990...**1989** - Red-

shirted in 1989 to preserve eligibility...lettered during the cross country season...placed 16th at the Metro Cross Country Championships...**Prep** - an all-state performer at Punahov HS in Honolulu, HI...**Personal** - Father, Tom, was one of the finest middle distance runners in FSU history...a marketing major...born October 5, 1970.

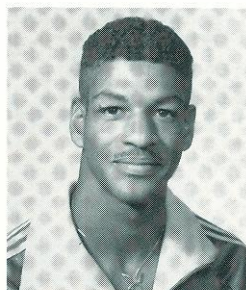


**Chris
Keen**

**5-10, 175
Sophomore - 1L
Jefferson, GA
(Jefferson HS)**

Career Bests: Javelin (191-10); Pole Vault (16-6)
Another talented track and field athlete that participates with the football team during the fall...will compete in

the decathlon more in 1991...**1990 As a Freshman** - Metro Conference champion in the javelin (191-10)...also pole vaulted in 1990...**Prep** - One of the top pole vaulters to come out the of the high school ranks in 1989...named the outstanding track athlete in the state of Georgia by USA Today out of Jefferson HS...an all-state wide receiver and a state wrestling champion as well...**Personal** - enrolled in FSU's undergraduate studies program...born August 3, 1968.

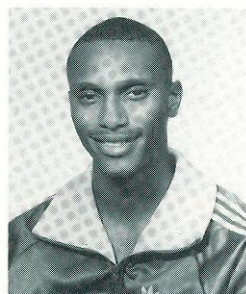


**James
Milton**

**6-5, 196
Junior - 2L
Ocala, FL
(Forest HS)**

Career Bests: 100m (10.84); Long Jump (25-0 3/4); Triple Jump (48-2)

A world-class talent...will contribute in several areas as a sprinter and jumper...a two-time Metro long jump champion...should be a national qualifier in several events...**1990 As a Sophomore** - battled early season injuries, but still took the Metro long jump championship for the second consecutive year...fourth in the 100 (10.84) and fourth in the triple jump (48-2)...ran with the 4 x 100m relay team that placed second at the Metro meet...**1989 As a Freshman** - won the Metro long jump with a leap of 25.1 and finished second to teammate Rodney Lawson in the 200m dash (21.53)...**Prep** - the 1988 state decathlon champion at Ocala Forest HS...Junior Olympic decathlon champion...committed early to the FSU program and held to that commitment despite a late rush by a number of schools...**Personal** - a criminology major...born August 28, 1970.

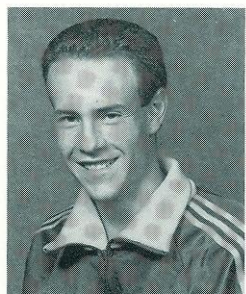


**Kelsey
Nash**

**6-2, 169
Freshman
East Point, GA
(Westminster HS)**

High School Bests: 100m (10.54); 200m (21.2); Long Jump (24-4); Triple Jump (50-1 1/4)

Another newcomer that should make an immediate impact...one of the nation's most actively recruited sprinters/jumpers...“a great young sprint, jump talent,” says Head Coach Terry Long...coaches feel Nash will have to perform well for FSU to have a nationally ranked team...**Prep** - A prep All-American out of Westminster HS...state triple jump champion in 1988 and 89...won the state 300m hurdles championship in 1988 and the 200m dash in 1990...Atlanta Track Club's Man of the Year in 300m hurdles (1989) and 200m dash (1990)...**Personal** - plans to major in business...born July 19, 1971.



**Darren
Nutt**

**6-3, 165
Sophomore - 1L
Overland Park, KS
(Shawnee Mission HS)**

Career Bests: 110 High Hurdles (14.1)

Will run with the 1,600m relay team as well as his hurdle duties...a great competitor with deceptive speed...should challenge national qualifying standards in the high hurdles...**As a Freshman in 1990** - ran leadoff leg of FSU's 2nd place 4 x 100m relay team at the Metro meet...placed third in the high hurdles at the conference championships...**Prep** - Ran PR's of 13.76 (HH) and 37.3 (IH) as a prep at Shawnee Mission HS...though injured at state meets, Nutt ranked fifth on the Kansas all-time track list in the intermediate hurdles...a two-time all-metro selection...**Personal** - plans to major in accounting...born April 4, 1971.

SEMINOLE PROFILES



Scott Peterson

6-2, 245
Freshman
Lafayette, LA
(Acadiana HS)
High School Career Bests: Discus (67-11)

Another top prepster that will be relied upon to make an impact in 1991...should stabilize this throwing area for years to come...**Prep** - A three-time high school All-American out of Acadiana HS...Gatorade state Track Athlete of the Year in Louisiana (1990)...ranked second in the nation in the discus in both his junior and senior seasons by both *USA Today* and *Track and Field News*...a three-time all-state performer...**Personal** - plans to major in finance...November 9, 1972.



John Rothel

6-0, 160
Freshman
Titusville, FL
(Astronaut HS)
High School Career Bests: 400 Intermediate Hurdles (51.98)

A talented intermediate hurdler that will also run with FSU's 1,600m relay team...should make an immediate impact...**Prep** - A prep All-American intermediate hurdler...Junior Olympic National Champion...ranked #1 in the nation by *USA*

Today in the 400 IH in 1989...ranked second in 1990 in that event...all-space coast, all-conference and all-Brevard County...**Personal** - enrolled in FSU's undergraduate studies program...born March 29, 1972.

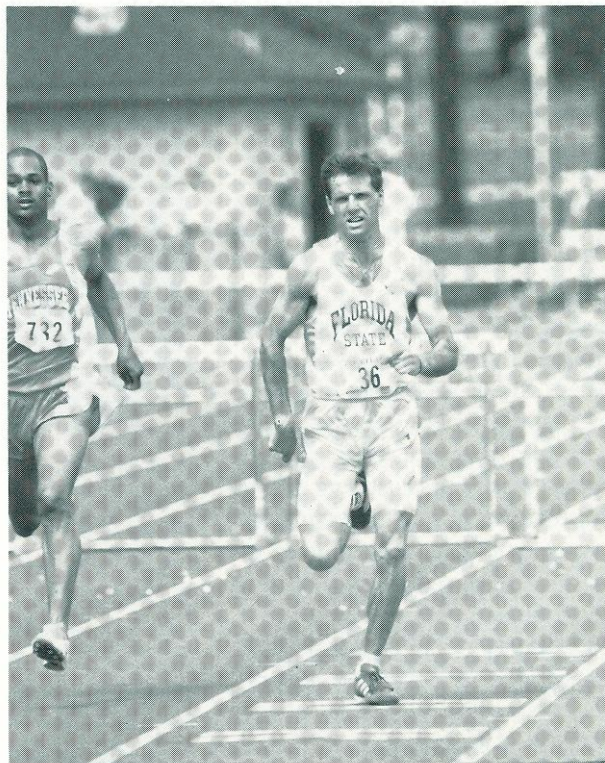
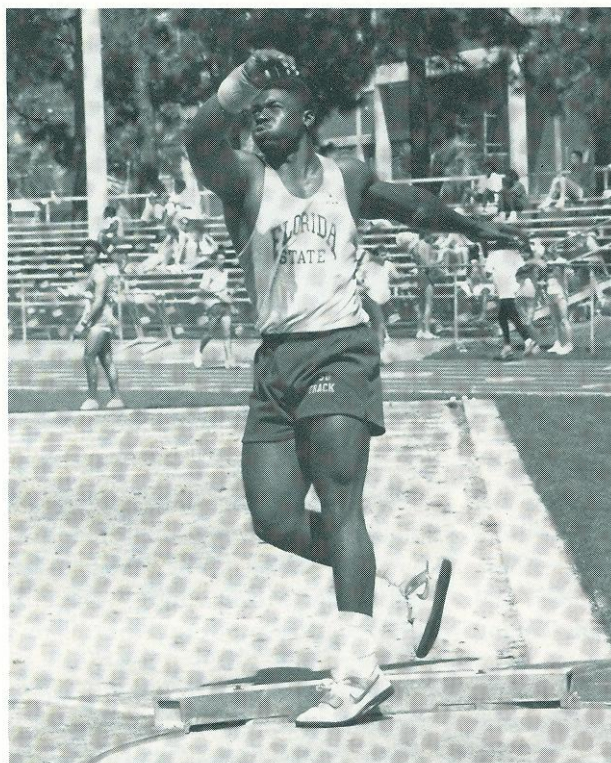


Chris Sloan

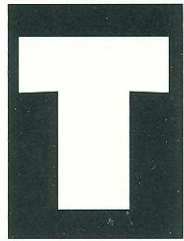
5-11, 150
Senior - 3L
Clearwater, FL
(Clearwater HS)
Career Bests: 400 Intermediate Hurdles (52.32)

The top returnee in the 400 IH...will be the leading candidate to fill the shoes of three-time NCAA qualifier Rodney Lawson...**1990 As a Junior** - placed third in the 400 IH at the conference meet (52.34)...ran with FSU's championship mile relay team...**1989 As a Sophomore** - runner-up in the 400 IH at the Metro Championships...**1988 As a freshman** - ran two of his top times of the season in the 400m IH at the Georgia Open (53.79) and the FSU Relays (53.99)...ran the third leg of the Metro Championship 1,600 meter relay team that cruised to a time of 3:09.65...**Prep** - A three-time selection to the all-Pinellas County track team...finished second at the state meet as a junior, named to Clearwater HS Hall of Fame...team captain and most outstanding athlete...**Personal** - a member of the Fellowship of Christian Athletes...a physical education major...born October 27, 1968.

BOTTOM, LEFT: Eric Chambers is Florida State's top returning thrower. BOTTOM, RIGHT: Chris Sloan, a three-year letterman, is the leading candidate to replace NCAA qualifier Rodney Lawson in the hurdles.



1991 MEN'S TRACK OUTLOOK



This is Florida State's final hurdle in Metro Track perfection. Having won 14 consecutive conference Track and Field titles, FSU will again try and defend its crown. However, this will be the last chance for anyone to take the cake from the Seminoles.

Florida State will compete in the Atlantic Coast Conference in 1992, so the 1991 championship is the only obstacle in a clean sweep of the Metro Conference in track and field.

A steady group of returnees combined with a fine class of young talent make FSU, the perennial favorite, that once again. FSU has the talent to repeat, but may be a year away from making an impact nationally.

Gone are the only Seminoles who advanced to the NCAA Track and Field Championships in Durham, NC last year. Three time All-American pole vaulter Larry Carr and a three time NCAA qualifier in the 110m hurdles, Rodney Lawson, were lost to graduation, thus leaving the Seminoles with no experience at the NCAA meet.

What is left is a wealth of young talent, especially among sprinters. The middle distance crew returns strong as well and the coaching staff is looking for a vast improvement in field events, as some of the top prepsters in the country promise to make a difference in that area.

"Obviously our overall team goal is to go out having never lost a Metro Championship, but our main goal is to become a well balanced team," Head Coach Terry Long said. "We want to

be a top-10 team nationally, year in and year out."

With indoor track far more speed oriented than outdoor, the Seminoles look to fair better in the latter with several key components coming off a 10-2 football team that captured the Blockbuster Bowl and finished fourth in the country. Only Allen Williams is lost from the school record 3,200 meter relay team that just missed the NCAA

some of the best competition in the country, usually being one of the first warm weather meets of the season, thus attracting a multitude of athletes. After an indoor season of mostly invitational meets, the Seminoles will also host the Snow Bird Open a week prior to the Relays and will later play host to the last chance Seminole Twilight meet late in May. That meet offers potential qualifiers a final try to make

Rob Circelli (leading) and Jason Frank (right) lead a strong group of distance and middle distance runners.



standard.

"The last two years we have had very, very good recruiting classes and, realistically, we only lost three people from the entire men's team last season," Long added. "We are looking for that key individual to arrive and complete the puzzle."

As usual, Florida State will take on a competitive schedule. The Florida State relays in March will draw

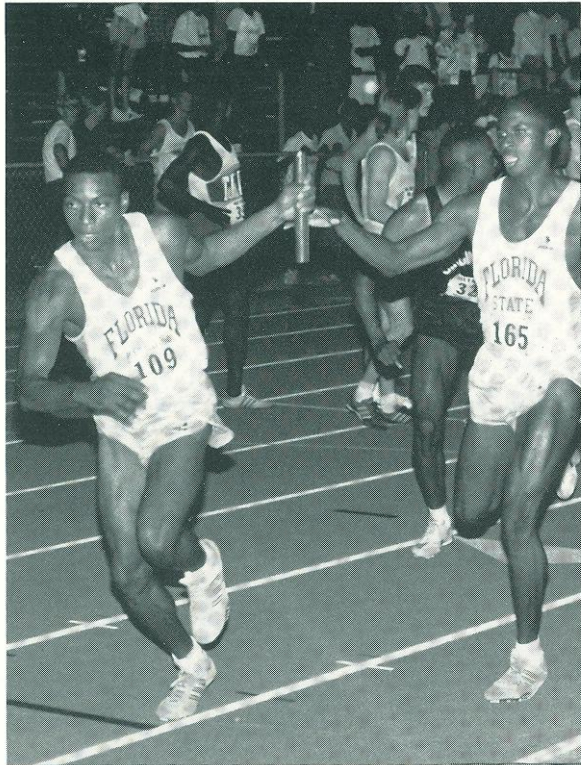
it to the big show.

Florida State will host Big Eight power Colorado in a dual meet and will also tackle North Carolina, Illinois and FAMU in a four-way meet at FSU's ultra-modern Mike Long Track.

Competition will not be a problem for the Seminoles. Here's how the Tribe will break down in each competitive area.

PREVIEW

Sophomore Hillard Goldsmith, taking the handoff, will run with both relays in 1991.



SPRINTS - The sprint crew features several Seminoles who are ready to perform in the manner Florida State track fans have become accustomed. The coaching staff, however, is sold on a talented group of newcomers that should make a significant impact. Junior James Milton and sophomores Nehemiah Jefferson and Hillard Goldsmith provide a deep tandem in the individual sprint events, but the most noise may come from freshman Shannon Baker, who brings in an impressive list of credentials that includes the state championship in the 100 meters in 1989. Following in the footsteps of such NFL stars as Deion Sanders and Sammie Smith, Baker has made quite an impact on the football field as well, and carries on a tradition of great two sport athletes at Florida State. Corey Fuller will also be heard from on the football field before his stint at FSU is completed, but for now his mark may come on the track where FSU coaches are most impressed with his speed. The most sought after of the group is high school

All-American Kelsey Nash, who could rewrite the record books at Florida State before his term is up. Long says both relays have a legitimate shot at meeting the NCAA standards, but due to an abundance of talent, the picture is cloudy as to who will run where. Individually, this group is as talented as any.

HURDLES - The loss of Rodney Lawson will hurt here, but Chris Sloan and Darren Nutt appear ready to fill Lawson's shoes. Sloan placed third in the intermediate hurdles last year at the conference meet and Nutt's 14.1 in the

110 high hurdles proves he could be ready to be a national qualifier. Tom Gerrets returns after sitting out last season and should be a factor in this historically strong area. High school All-American John Rothell should also make an immediate impact.

MIDDLE AND LONG DISTANCE— A very talented and young group, Long thinks this crew could hold the key to the success of 1991. He suggests, however, that it must mature rapidly, and may be heavily relied upon to carry this squad to a 15th consecutive Metro title. Led by junior Jason Frank and sophomore Rob Circelli, this is a deep group that is close in ability and should continue to improve throughout the season. Frank, if healthy, is expected to challenge NCAA standards, while Circelli is the returning Metro champion in the 1,500-meters. Mark Bednarz returns as well, and newcomers Philip Healy and Micheal Hampton will provide a steady push for this group.

THROWS— Metro javelin champion Chris Keen and versatile thrower Eric Chambers head an improving area at Florida State. Joining that pair is the highly touted Scott Peterson, a prep All-American out of Lafayette, LA. Keen, a special teamer with the football squad and multi-event athlete at FSU, took the Metro javelin championship last year. Chambers placed third in the discus, fourth in the shot and sixth in the hammer at the conference meet a year ago, and returns for his junior season. Peterson had the nation's third best prep shot put last season and should help stabilize this area for years to come.

JUMPS— Long says the overall talent level, across the board, is the best in 10 years. James Milton and Kevin Crist are the top returnees here, but triple-jumper Kelsey Nash has made a lot of noise in early training. One of the nation's most actively recruited prep sprinters and jumpers, Nash was the Georgia triple jump champion and should push Milton at the nationally level. Milton took the Metro championship in the long jump in both his freshman and sophomore seasons and consistently jumps over 25 feet. Long says he will be surprised if Milton is not a national qualifier in both the indoor and outdoor seasons. High jumper Crist placed fourth in the Metro a year ago, and the highly touted prep should be close to the NCAA mark in his sophomore season. Art Nelson has been a pleasant surprise and will add depth to this area, as should Matthew Terry.

POLE VAULT— FSU losses three-time All-American Larry Carr, but returns some talented prospects in the pit. Jeff Bray cleared 17-feet last year, competing only indoors. Heading the returnees are Darrell Meadows and multi-event athlete Chris Keen, who placed third and fifth respectively at the Metro meet last season. JuCo transfer Robert Haeck was a two-time high school state champion, and Benji Coil will add depth after redshirting in 1990. ●

RECORDS

EVENT	FSU OUTDOOR RECORD	MIKE LONG TRACK RECORD	METRO CONFERENCE RECORD	COLLEGIATE RECORD
100 Meter Dash	9.9, 1979 Mike Roberson	10.11 Andre Cason, Texas A&M	10.27, 1977 Mike Roberson, FSU	9.93, 1983 Calvin Smith, Alabama
200 Meter Dash	20.08, 1980 Mike Roberson	20.47, 1979 James Mallard, Alabama	20.55, 1981 Terron Wright, Memphis State	19.75, 1988 Joe DeLoach, Houston
400 Meter Dash	44.99, 1981 Walter McCoy	45.34, 1984 James Rolle, Bud Light TC	45.52, 1981 Walter McCoy, FSU	43.68, 1968 Lee Evans, San Jose State
800 Meter Run	1:46.19, 1986 Ocky Clark	1:46.61, 1985 Ocky Clark Bud Light TC	1:48.02 Ocky Clark, FSU	1:41.77, 1984 Joaquinn Cruz, Oregon
1,500 Meter Run	3:43.02, 1986 Ocky Clark	3:43.02, 1986 Ocky Clark, FSU	3:43.1, 1982 Geoff Cooper, Memphis State	3:31.71, 1987 Abdl Bile George Mason
3000 Meter Steeplechase	8:57.7, 1976 Bobby James	8:26.46, 1986 Brian Abshire, Auburn	8:53.39, 1981 Bernie Weber, Cincinnati	8:19.27, 1984 Farley Gerber, Web
5,000 Meter Run	13:53.26, 1982 Herb Wills	13:45.2, 1982 Barry Brown, Florida Track Club	13:57.71, 1981 Herb Wills, FSU	13:14.80 Bill McChesney, Oregon
10,000 Meter Run	28:58.7, 1982 Herb Wills	29:06.0, 1983 Jim Saplenza, Dartmouth	29:16.0, 1983 Mark Stickley, Virginia Tech	27:41.05, 1985 Ed Eyestone, BYU
110 High Hurdles	13.29, 1987 Arthur Blake National Sports Festival	13.27, 1990 Arthur Blake Mazda TC	13.8, 1981 Terron Wright Memphis State	13.00, 1979 Ronaldo Nehemiah Maryland
400 IM Hurdles	49.33, 1985 Leander McKenzie	49.36, 1985 Tony Rambo Bud Light TC	49.58, 1984 Leander McKenzie, FSU	47.45, 1977 Edwin Moses Morehouse
400 Meter Relay	39.1, 1977 Roberson, Walker, Merrick, Forbes	39.15, 1984 Butler, Krulee, Smith, Lattany, Bud Light TC	39.63, 1988 Carter, Blake, Sanders, Smith, FSU	38.46, 1986 Tatum, Smith, Reid, Scholars, Texas Christian
1,600 Meter Relay	3:03.76, 1986 Williams, McKenzie, Waddell, Johnson	3:03.34, 1985 Krehnbrink, Hind, Bernard, Armour, Georgia Tech	3:07.39, 1981 Taylor, Brown, Rolle, McCoy, FSU	2:59.91, 1988 Lewis, Young, Everett, Thomas, UCLA
Hammer	215-8, 1986 Horatio Garcia	221-8 1/2, 1983 Derrin Hegerty, Boston	207-3, 1987 Horatio Garcia, FSU	257-0, 1986 Ken Flax, Oregon
Shot Put	60-8, 1987 Mike Bell	64-0, 1986 Mike Spiritoso, Clemson	58-2 1/2, 1978 Carlos Tandon, Georgia Tech	71-11, 1984 John Brenner, UCLA
Discus	212-6, 1979 Brad Cooper	211-4, 1986 Brad Cooper, Bahamas TC	198-2, 1979 Brad Cooper, FSU	217-11, 1985 Mike Bunic, Kentucky
Javelin	250-4, 1981 Hank Langee	248-5, 1988 Tom Pukstys, DuPage	233-8, 1977 Eric Allain, FSU	292-4, 1990 Patrick Bodin, Texas
High Jump	7-4 1/4, 1984 Kenny Smith	7-5, 1983 James Varrineau, Unattached	7-2, 1984 Kenny Smith, FSU Paul Wiechern, SC, 1988	7-10, 1989 Hollis Conway, Southwestern Louisiana
Long Jump	25-11 1/2, 1983 Mark Freeman	27-6 3/4, 1982 Larry Myricks, Unattached	25-9 1/2, 1983 Jay Pennington Tulane	28-3 1/2, 1981 Carl Lewis, Houston
Triple Jump	54-2 1/4, 1982 Leon Hutchins	54-0 3/4, 1984 Charlie Simpkins, Liberty Baptist	52-3 1/2, 1977 Larry Lowe, Georgia Tech	58-7 1/4, 1985 Charlie Simpkins Liberty Baptist
Decathlon	7,612, 1981 Rohn Stark	7,873, 1990 Kevin McGorty, Unattached	7,162, 1985 Tommy Reither, FSU	8,322, 1986 Mike Ramos, Washington
Pole Vault	18-1 1/2, 1989 Larry Carr	18-3 1/2, 1988 Jeff Ward, Unattached	17-2, 1987 Larry Carr, FSU	19-2 1/4, 1985 Joe Dial, Oklahoma State

QUALIFYING

1991 NCAA MEN'S QUALIFYING MARKS

OUTDOOR

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 Meters	10.22	—	10.40	—
200 Meters	20.55	20.3	20.85	20.5
400 Meters	46.15	45.9	46.70	46.4
800 Meters	1:47.50	1:47.2	1:49.20	1:48.9
1,500 Meters#	3:41.50	3:41.2	3:45.00	3:44.7
3,000-Meter Steeplechase#	8:43.00	8:42.7	8:52.00	8:51.7
5,000 Meters#	13:50.00	13:49.7	14:07.00	14:06.7
10,000 Meters#	29:00.00	28:59.7	29:30.00	29:29.7
110-Meter Hurdles	13.72	—	13.99	—
400-Meter Hurdles	50.70	50.4	51.25	51.0
400-Meter Relay	39.50	39.2	40.10	39.8
440-Yard Relay	39.70	39.4	40.30	40.0
1,600-Meter Relay	3:05.25	3:05.0	3:08.00	3:07.7
Mile Relay	3:06.45	3:06.2	3:09.20	3:08.9
High Jump	METRIC 2.25	METRIC 2.18		
Long Jump	8.08	7.80		
Triple Jump	16.30	15.90		
Shot Put	18.60	17.90		
Pole Vault	5.52	5.30		
Discus	58.50	55.00		
Javelin	74.00	67.00		
Hammer	62.50	58.00		
Decathlon	7,550	7,200		

#—Altitude adjustment available.

INDOOR

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.18	—	6.28	—
55-Meter Hurdles	7.24	—	7.38	—
200 Meters				
(Under 200m/220 yds)*	21.46	—	21.75	—
(200m/220 yds)*	21.16	—	21.40	—
(Over 200m/220 yds)*	20.86	—	21.15	—
400 Meters				
(Under 200m/220 yds)*	47.40	47.1	48.80	48.1
(200m/220 yds)*	46.60	46.3	47.60	47.3
(Over 200m/220 yds)*	46.00	45.7	47.00	46.7
800 Meters	1:49.50	1:49.2	1:50.80	1:50.5
Mile#	4:02.00	4:01.7	4:06.50	4:06.2
Mile#@	3:59.22	3:58.8	4:03.00	4:02.7
3,000 Meters#	8:02.00	8:01.7	8:10.00	8:09.7
5,000 Meters#	13:57.00	13:57.7	14:10.00	14:09.7

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
1,600-Meter Relay				
(Under 200m/220 yds)*	3:12.30	3:12.0	3:16.80	3:16.5
(200m/220 yds)*	3:09.50	3:09.2	3:14.00	3:13.7
(Over 200m/220 yds)*	3:06.70	3:06.4	3:11.20	3:10.9
Mile Relay				
(Under 200m/220 yds)*	3:13.50	3:13.2	3:18.00	3:17.7
(200m/220 yds)*	3:10.70	3:10.4	3:15.20	3:14.9
(Over 200m/220 yds)*	3:07.90	3:07.6	3:12.40	3:12.1
3,200-Meter Relay	7:23.50	7:23.2	7:32.00	7:31.7
Two-Mile Relay	7:26.50	7:26.2	7:35.00	7:34.7

	METRIC	METRIC
High Jump	2.25	2.15
Long Jump	7.85	7.62
Triple Jump	16.13	15.70
Pole Vault	5.44	5.22
Shot Put	18.46	17.50
35-Pound Weight	18.90	17.90

*—Size of track.

#—Altitude adjustment available.

@—Indoor mile times necessary to meet outdoor 1,500-meter standards.

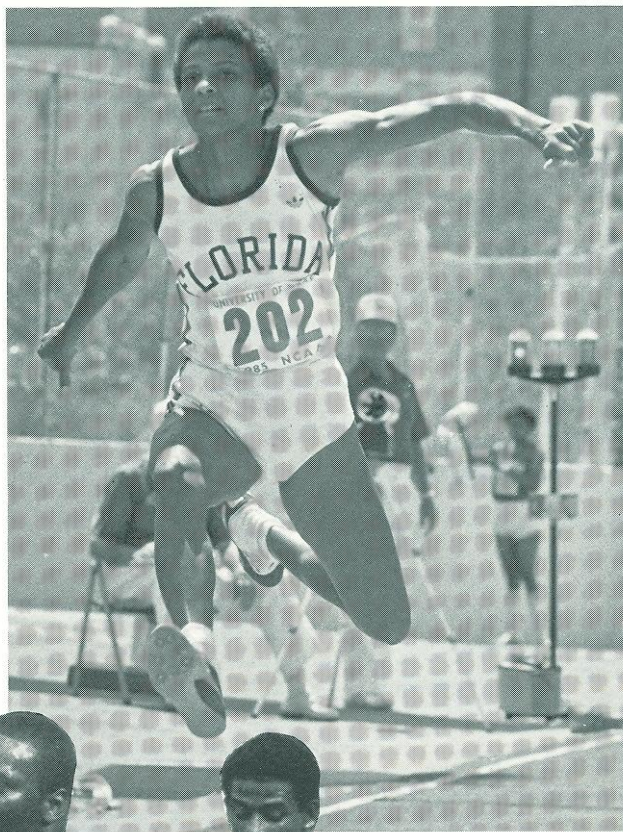
Westcott Hall and its fountain, at the main gate of Florida State University, are landmarks in Tallahassee.

OREGON TRAILS

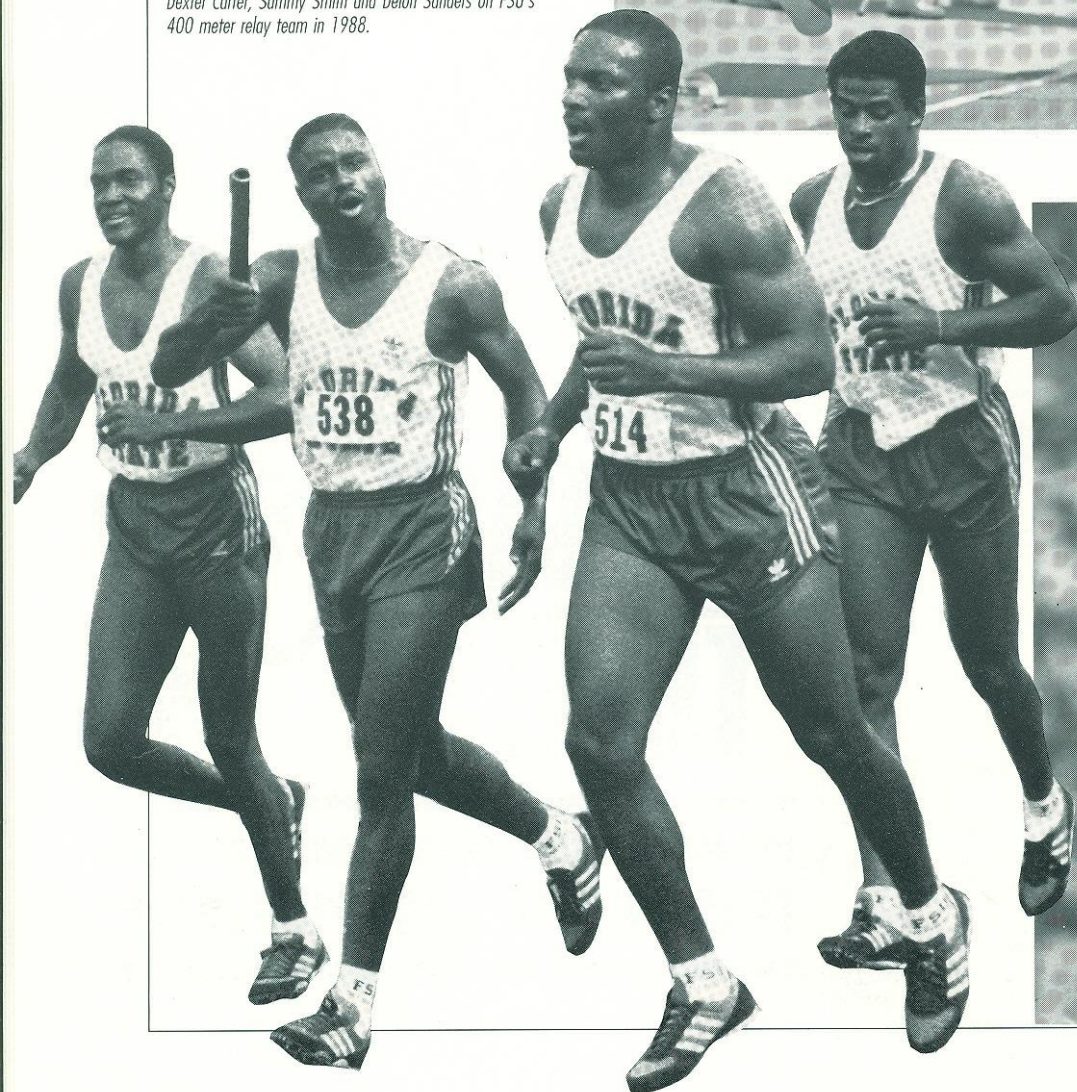


**1991 NCAA DIVISION I MEN'S & WOMEN'S OUTDOOR
TRACK & FIELD CHAMPIONSHIPS**

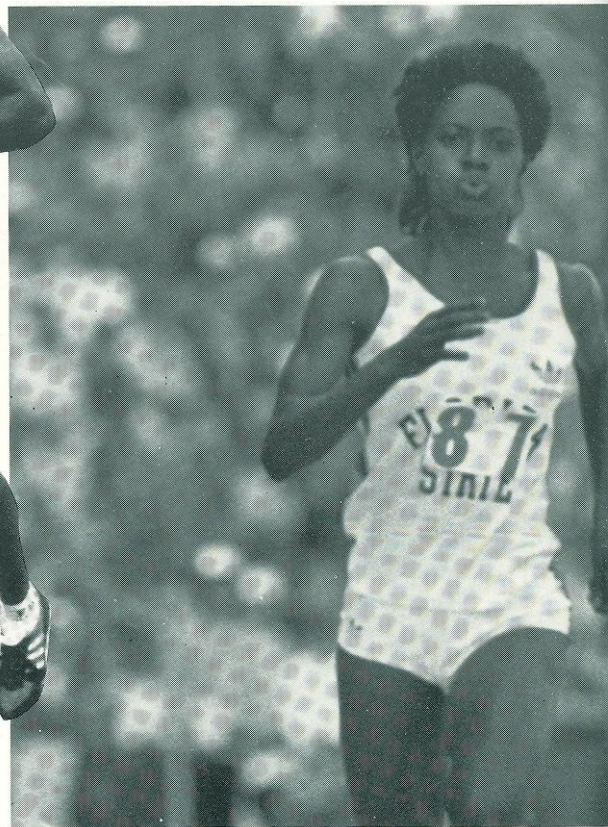
RIGHT: Esmeralda Garcia, a 15-time All-American, was the national champion triple jumper at both the Indoor and Outdoor Championships in 1985.



BELOW: Olympian Arthur Blake was joined by NFL stars Dexter Carter, Sammy Smith and Deion Sanders on FSU's 400 meter relay team in 1988.



BELOW: 21-time All-American and Olympian Marita Payne won the outdoor 400 meters at the 1982 NCAA Championships.

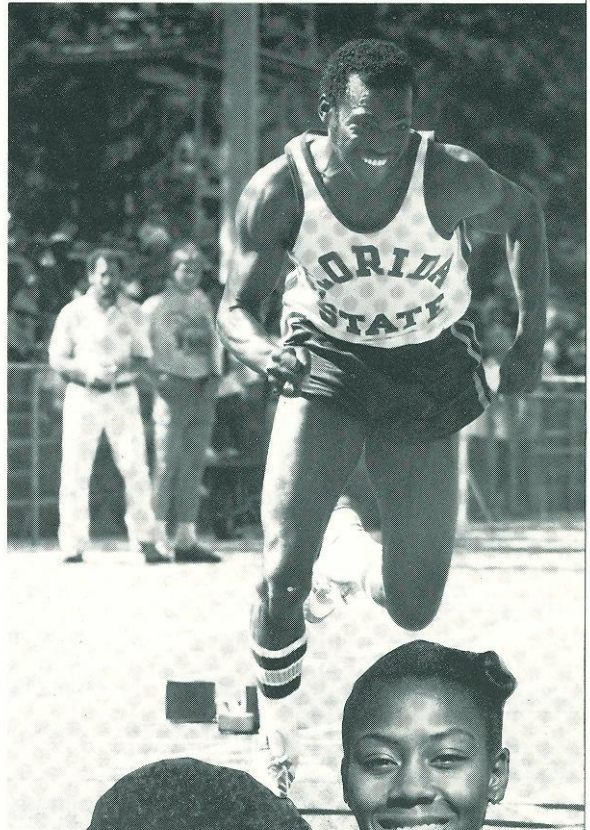


SEMINOLES IN THE NFL

Here's a list of former Florida State Track Athletes who have played in or been drafted by a National Football League team during the eighties.

NAME	POSITION	TEAM
Rohn Stark	Punter	Indianapolis Colts
Jessie Hester	Wide Receiver	Atlanta Falcons
Ken Lanier	Offensive Tackle	Denver Broncos
Bobby Butler	Cornerback	Atlanta Browns
Greg Allen	Running Back	Cleveland Browns
Billy Allen	Kick Returner	New Orleans Saints
Erick Riley	Defensive Back	Los Angeles Rams
Martin Mayhew	Defensive Back	Buffalo Bills
Deion Sanders	Cornerback	Atlanta Falcons
Sammie Smith	Running Back	Miami Dolphins
Dexter Carter	Running Back	San Francisco 49ers

BELOW: Walter McCoy won a gold medal at the 1984 Olympic Games and was the national champion in the indoor 600 yard run as a freshman at Florida State.



BELOW, LEFT TO RIGHT: Randy Givens, Brenda Cliette, Marita Payne and Michelle Finn won both the 400- and 1600-meter relay titles for Florida State at the '83 and '84 NCAA Championships.

