

TAKING OFF

1993 FSU TRACK & FIELD MEDIA GUIDE

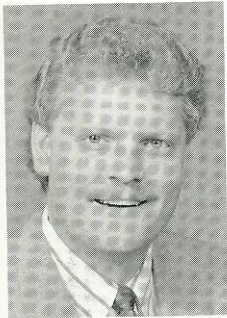




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Bob Goin
Athletic Director



Wayne Hogan
Assistant
Athletic Director
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Communications



Steve Roogow
Track & Field
SID

Media Information

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Cross Country Coach
(Men and Women) _____ Sue Addison
Assistant Coaches _____ Sue Addison,
Jim Long, Dennis Nobles,
Pat O'Conner, Tom Shaw

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Track and Field Trainers _____ Sam Lunt (men),
Shelly Lichter (women)
Academic Advisor _____ Trudy Raybun

FLORIDA STATE FINGERTIP FACTS

Location _____ Tallahassee, Florida
Enrollment _____ 28,600
Founded _____ 1857
Nickname _____ Seminoles
Colors _____ Garnet and Gold
Conference _____ Atlantic Coast Conference
Facility _____ Mike Long Track
President _____ Dr. Dale Lick
Faculty Representative _____ Dr. Charles Ehrhardt

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NOTE TO THE MEDIA

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 Steve Roogow or Bob Burda at the FSU Sports Information 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 Sports Information staff. Please let us know if we can be of any assistance to you in your coverage of Florida State athletics.

CREDITS

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Head Coach

Terry Long (Florida State '63)

Terry Long begins his fifth 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 fifteen 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 three top 10 NCAA finishes, a national championship 400 meter relay team, and 28 Individual All Americans.

Long is currently coaching national intermediate hurdle champion and Olympic hopeful Kim Batten. Batten was named the TAC Outdoor meet's most outstanding female after breaking the collegiate record in the 400-hurdles in 1991.

In 1988, Long tutored U.S. Olympian Arthur Blake who made the Olympic finals in the 110 high hurdles and is recognized as one of the top hurdlers in the world. In addition to Blake, Long coached former Olympians Chandra Cheeseborough, Michelle Finn, Tom Reither, Rey Robinson and 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 serving 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.

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

The sport of track has certainly been a 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, 52, 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 hosted the TAC World Cross Country trials in 1991.

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

AGE: 52

YEARS AT FLORIDA STATE: 8

YEARS OF COLLEGIATE COACHING

EXPERIENCE: 23

Florida State Women's Head Coach (1986-87)

Florida State-Men's & Women's Head Coach (1988-present),

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

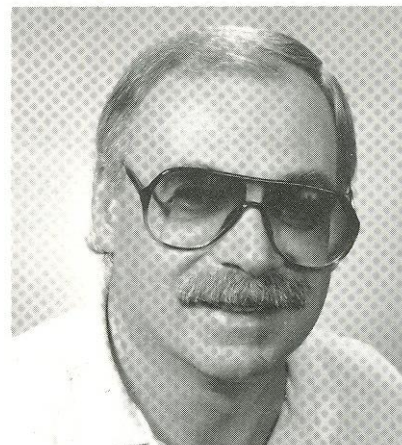
Santa Fe Community College-Head Coach (1982-83)

Seminole Community College-Head Coach (1970-82)

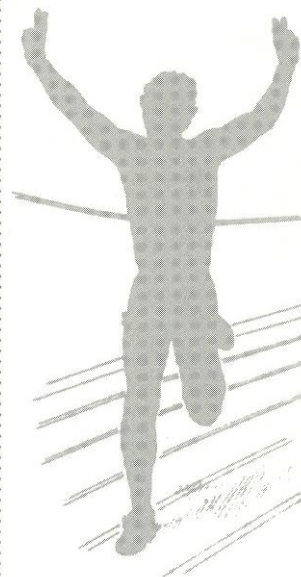
HIGH SCHOOL COACHING EXPERIENCE:

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

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



Terry Long



Coaches



Sue Addison

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

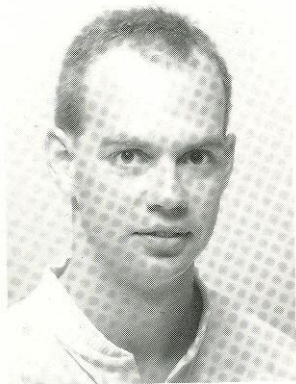
Sue Addison enters her fifth season as a member of the Seminole track and field coaching staff. A veteran runner and coach, she handles the middle distance and distance runners in the spring and directs all aspects of the cross country program in the fall.

Addison joined the staff four years ago. 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 in international competition. 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 Buffalos' 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 FSU all the middle distance and distance runners set personal bests under her guidance.

Addison and her husband, Ron, have been married for eleven years. They have one daughter, Rebecca.



Dave Beacham

AGE: 36
YEARS AT FLORIDA STATE: 5
YEARS OF COLLEGIATE COACHING
EXPERIENCE: 10
Brown University-Head Women's
Track & Cross Country Coach
(1981-1982)
University of Colorado-Assistant
Track & Field Coach (1985-1988)
Florida State University-Head Cross
Country Coach, Assistant Track & Field
Coach (1988-Present)
COLLEGIATE TRACK EXPERIENCE: 4
Michigan State-Track & Field, Cross
Country (1974-1978)

Dave Beacham **Graduate Assistant Coach/** **Strength & Home Meet** **Administrator** **(Southern Illinois '90)**

Dave Beacham begins his second season with the Seminole Track and Field coaching staff, working closely with Cross Country and distance coach Sue Addison in the development of all distance runners at Florida State.

A four-year letterwinner at Southern Illinois University, Beacham participated on both the track and cross country squads. After graduating in 1990 with a degree in Recreational Management, Beacham took an assistant track and field coaching position at Carbondale High in Carbondale, Illinois. During his tenure at Carbondale, Beacham's team won the conference meet for the first time in eight years.

Beacham, 25, is currently working on his master's degree in Leisure Services.

AGE: 25
YEARS AT FLORIDA STATE: 2
YEARS OF COLLEGIATE COACHING
EXPERIENCE: 2
Florida State-graduate assistant (1991-
present)

Kim McKenzie

**Assistant Coach/Sprints,
Hurdles
(Texas El Paso '84)**

Kim McKenzie begins her sixth season on the Florida State staff in 1993. The former Olympic bronze medalist began her coaching career in 1987 as a volunteer assistant while training for the '88 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. Kim was the top scorer in the high hurdles during the 1991 Grand Prix season. In 1992, she was a finalist on the Mobil Grand Prix circuit. McKenzie also finished fifth in the 100 meter high hurdles at the World Cup championships last year.

A native of Detroit, Michigan, McKenzie has an extensive background in national and international track. In 1990, 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: 31

YEARS AT FLORIDA STATE: 6

YEARS OF COLLEGIATE COACHING

EXPERIENCE: 6

Florida State-Assistant Coach

(1987-present)

COLLEGIATE TRACK EXPERIENCE:

Texas El Paso-sprints, hurdles (1980-1984)

Dennis Nobles

**Assistant Coach/Pole Vault,
Javelin, High Jump
(Florida State '82)**

Dennis Nobles enters his seventh year with the Seminole track and field staff and has developed into one of the top 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 the 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: 34

YEARS AT FLORIDA STATE: 7

YEARS OF COLLEGIATE COACHING

EXPERIENCE: 9

Florida State-Assistant Coach

(1985-present)

Wayland Baptist-Assistant Coach

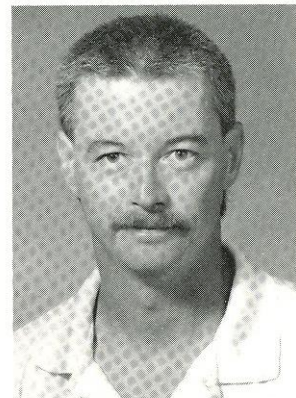
(1984-1985)

COLLEGIATE TRACK EXPERIENCE:

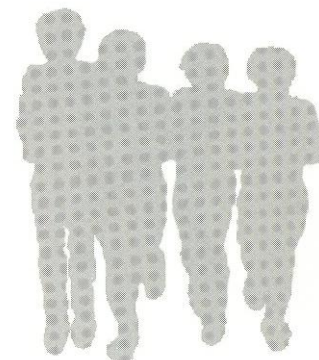
Florida State-pole vault (1979-1981)



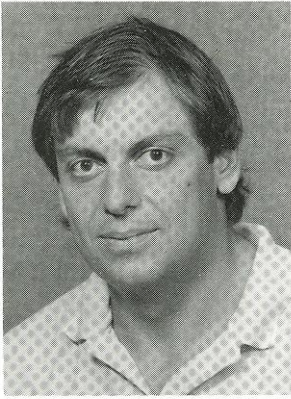
Kim McKenzie



Dennis Nobles



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



Pat O'Connor

Pat O'Connor starts his fourth 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.

During his tenure at Florida State, O'Connor has coached 1992 NCAA shot put qualifier Scott Peterson, 1992 ACC discus runner-up Eric Chambers and school discus record holder Tanya Granneman.

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

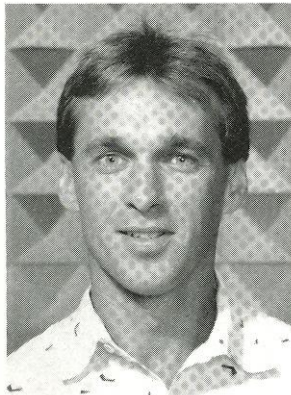
AGE: 33
YEARS AT FLORIDA STATE: 4
YEARS OF COLLEGIATE COACHING EXPERIENCE: 9

Central Missouri State Assistant Coach (1982-1984 and 1985-1987)
 University of Colorado Assistant Coach (1987-1989)
 Florida State-Assistant Coach (1989-Present)

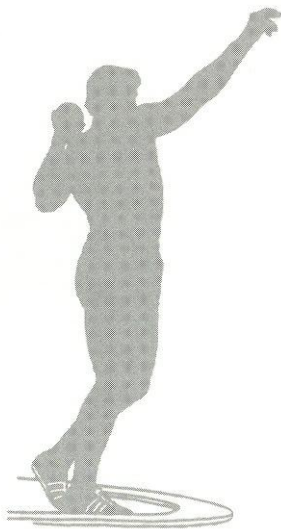
COLLEGIATE TRACK EXPERIENCE:
 University of Iowa-shot put (1977-1980)

Tom Shaw
Assistant Coach/
Sprints & Horizontal Jumps
(Central Michigan '82)

Tom Shaw enters his seventh year with the Florida State staff in 1992. Shaw has served as Home Meet Coordinator for the past five seasons and will continue in that capacity this year. In addition, he works



Tom Shaw



with men's and women's sprinters and jumpers.

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.

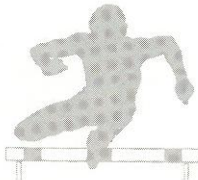
During the summer, Shaw is the director of the highly successful Seminole Summer Camps and Clinics. Shaw was elected as the TAC Southeast director for Olympic developmental pole vaulters, where he is in charge of the pole vault education schools for the seven southern states. Tom has also written many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

Shaw has drawn praise from FSU head coaches Bobby Bowden (football) and Mike Martin (baseball) for his speed improvement work with their respective athletes.

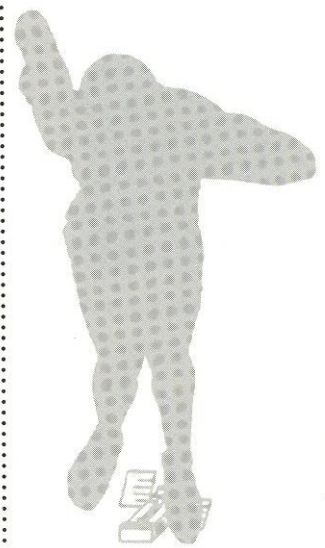
AGE: 32
YEARS AT FLORIDA STATE: 7
YEARS OF COLLEGIATE COACHING EXPERIENCE: 7

Florida State-Assistant Coach (1986-Present)
COLLEGIATE TRACK EXPERIENCE:
 Central Michigan-sprint relays (1978-1982)

'93 Men's Roster

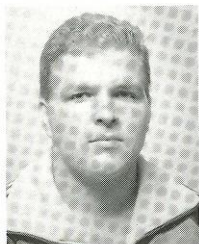


NAME	EVENT	HT	WT	CL	HOMETOWN
Marc Anderson	T	6-2	230	JR	Westerville, OH
Kevin Ansley	S	6-0	180	SO	Live Oak
Shannon Baker	S	5-10	180	SR	Lakeland
Jeff Bray	PV	6-0	155	JR	Bloomfield, NM
Ryan Carson	T	6-2	215	SO	Sarasota
Jonathan Carter	S	5-10	160	SO	Fort Lauderdale
Jason Costner	HJ	5-11	132	FR	Lakeland
Kevin Crist	HJ	6-7	190	JR	College Park, GA
John Crossman	S	5-9	140	JR	Casselberry
Trey Culbertson	D	5-9	140	SR	Odessa
John Curran	D	5-11	136	FR	Jacksonville
Marcus Dixon	H/S	6-3	175	JR	Jacksonville
Ryan Dorrell	D	6-0	150	FR	Sebring
Michael Edwards	H	6-3	165	FR	Orlando
'Omar Ellison	S	6-2	193	SO	Griffin, GA
Tim Franklin	H	6-3	178	SO	Signal Mountain, TN
Corey Fuller	S	6-1	192	JR	Tallahassee
Steve Gilmer	S	5-11	185	SO	Tallahassee
Mike Hampton	D	5-10	145	SO	Punxsutawney, PA
Nehemiah Jefferson	MD	6-0	170	SR	Tallahassee
David Jones	PV	6-1	175	JR	San Antonio, TX
Jason Kaiser	D	5-9	150	JR	Sanford
Chris Keen	T-PV	5-8	170	SR	Jefferson, GA
Kevin Knox	J	6-3	190	JR	Niceville
Craig Maguire	D	6-0	156	SO	Ponte Vedra
Todd McBride	J	6-1	163	FR	Seminole
Kez McCorvey	H	6-1	183	SO	Pascagoula, MS
Hunter McIntosh	J	5-11	160	FR	Palm Beach
Tiger McMillon	S	5-9	180	SO	Kissimmee
Matt Messerli	PV-T	6-1	168	SO	Fort Walton Beach
Tim Middelkoop	MD	5-9	150	FR	Ontario, Canada
Joseph Moore	ME	6-0	175	JR	Jacksonville
Michael Musick	MD	5-11	140	SO	Lakeland
Kelsey Nash	J-S	6-2	170	JR	Atlanta, GA
Darren Nutt	H	6-4	180	SR	Overland Park, KS
Brennan O'Brien	D	5-10	150	FR	Jacksonville
James Owens	PV	6-0	165	FR	Miami
Ian Potter	D	5-9	160	FR	Ottawa, Canada
Philip Riley	H/S	6-1	175	SO	Orlando
John Rothell	ME	6-0	160	JR	Titusville
Anthony Sasso	T	6-3	235	FR	Cape Coral
William Shirk	T	6-4	240	FR	Sarasota
Dante Snodgrass	S	5-9	165	JR	Huntsville, AL
Chris Tilmann	D	5-8	120	SO	Tampa
Tamarick Vanover	S	6-1	185	FR	Tallahassee
Anthony Washington	J	6-3	182	FR	Lake Brantley
Bryn Wells	PV	5-11	165	SO	Plantation
Steve Wilcox	D	5-10	150	SR	St. Petersburg
Daven Wilson	D	6-0	155	SO	Pensacola
Marc Wooten	S	5-8	150	FR	Sarasota



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

Men's Bios



Marc Anderson

Marc Anderson
6-2, 230, Junior
Division 3 All-American
Westerville, OH
(Alliance HS)

Transfer from Case Western Reserve University...solid at the shot put...should be a scorer at the ACC Championships...developing his skills as a discus thrower...**PREP:** three time All-Ohio shot put performer...**PERSONAL:** mechanical engineering major...born January 1, 1972.



Kevin Ansley

Kevin Ansley
6-1, 175, Sophomore
Live Oak, FL
(Suwannee HS)
Collegiate Bests: 400m (46.26)

Great 400 meter potential...should be an NCAA qualifier...outstanding speed and strength...may see action in sprints... **1992:** NCAA provisional qualifier...finished fourth at the ACC meet in a season best 46.26... **PREP:** 1991 State Champion in the 400m for Suwannee High...a Golden South Champion...named Florida's top sprinter in 1991...**PERSONAL:** a criminology major...born October 23, 1972.



Shannon Baker

Shannon Baker
5-10, 180, Senior
Lakland, FL
(Lakeland HS)
Collegiate Bests: Indoor- 55m (6.21), 200m (21.51); Outdoor- 100m (10.35)

Possesses world-class speed...outstanding ability as a sprinter...wide receiver on the number two ranked Florida State football team...key to a successful season may be how much time this dual-sport athlete spends concentrating on track...has potential to be a world class sprinter...following in footsteps of former FSU football players who have excelled on the track...**1992:** ran a season best 100m (10.34) in May at the Run-Tex Invitational... **1991:** Metro Conference Champion in the 100m (10.48)...**PREP:** two-time state 4A champion in the 100- and 200-yard dash...a two time 4A All-State football selection at wide receiver ('87) and

quarterback ('88)...Honorable mention All-American choice by *USA Today*... **PERSONAL:** a social science major... born July 20, 1970.



All-American

Jeff Bray
6-0, 155, Junior
Bloomfield, NM
(Elk City HS)
Collegiate Bests: Pole Vault Indoor- (18-0.5), Outdoor- (18-6.5)

Has yet to reach full potential...one of the top pole vaulters in the country...hard-nosed competitor who hates to lose...a team leader...potential '96 Olympian...**1992:** set the indoor (18-0.5) and outdoor (18-6.5) ACC pole vault records... holds the school record (18-6.5)...an Olympic Trials qualifier... finished sixth at the NCAA championships...**1991:** finished ninth at the NCAA championships...Metro Conference Champion, leading FSU's top three out of four finishers... **1990:** participated in the indoor season only and redshirted 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...**PERSONAL:** majoring in physical education ...born September 8, 1970.

Ryan Carson

6-0, 207, Sophomore

Sarasota, FL

(Riverview HS)

Collegiate Bests: Shot Put (53-3.75),

Discus (163-3)

Has looked impressive during fall training...increased his strength over off season...good athletic skills...should score this year at the conference meet...**1992:** placed fifth in the discus and sixth in the shot at the ACC meet...**PREP:** a third place finisher at the state meet both his junior and senior seasons... named honorable mention All-American...**PERSONAL:** finance major...born December 14, 1972.

Jonathan Carter

5-10, 160, Sophomore

Fort Lauderdale, FL

(Dillard HS)

Collegiate Bests: 200m (21.27),

55m (6.25)

Spectacular performer indoors...forced to redshirt during the outdoor season after a foot injury...has tremendous potential...outstanding sprint talent...**PREP:** anchored Florida's fastest 4x100 relay team ever (40.8)...state runner-up in the 100 meter dash...**PERSONAL:** a communications major...born May 5, 1972.



All-American

Kevin Crist

6-7, 185, Senior

Two Time All-American

College Park, GA

(Woodward Academy)

Collegiate Bests: High Jump (7'4.5")

A great talent...excellent off season training...expectations high for 1993 season... a model high jumper...potential Olympian in 1996...**1992:** placed second at the NCAA Championships...set the school record in June at that meet (7'4.5")...took first place honors at the ACC championships...**1991:** placed ninth at the Indoor Nationals...qualified for the NCAA outdoor championships but failed to make the final...Metro high jump champion...**1990:** 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 both junior and senior seasons...named Georgia Track Athlete of the Year 1988 and 1989... ranked No. 1 by USA Today after a PR of (7-2 1/2)...**PERSONAL:** a physical education major...born July 16, 1970.

John Crossman

5-9, 140, Junior

Casselberry, FL

(Forest Hill HS)

Represents the heart of the team... team player, leader and hard worker...a red-shirt junior...**1991:** given the most improved player award for his sprintwork...**PERSONAL:** a real estate major... born May 11, 1971.

Trey Culbertson

6-0, 140, Senior

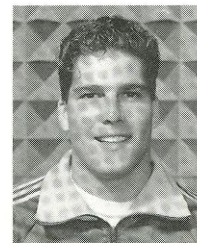
Odessa, FL

(Tampa Leto HS)

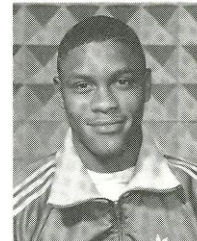
Collegiate Bests: Steeplechase (9:07.11),

5000m (15:59.84)

Cross Country captain...unlimited steeplechase potential...has talent to score in the ACC Championship...much improved conditioning will keep him competitive in all meets... **1992:** placed fifth at the ACC Championship in the steeplechase... **PREP:** a five-time All-Conference performer in track and cross-country...named All-State in both sports his senior year...**PERSONAL:** a political science major...born December 21, 1969.



Ryan Carson



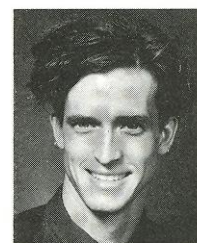
Jonathan Carter



Kevin Crist
All-American



John Crossman



Trey Culbertson



Tim Franklin

Tim Franklin
6-2, 177, Sophomore
Chattanooga, TN
(McCallie HS)

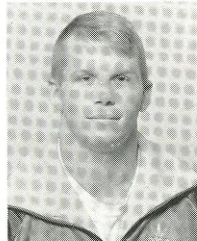
Redshirted during outdoor season in 1992...big, strong athlete...one of the most improved athletes on the team...considered a sleeper...should contribute in the hurdles with continued improvement...possesses the tools to become a great talent...PREP: an All-City performer for three years...also an All-State selection for three straight years...holds five high school records...PERSONAL: plans to dual major in biology and chemistry...born May 17, 1973.



Corey Fuller

Corey Fuller
6-1, 190, Junior
Tallahassee, FL
(Rickards HS)
Collegiate Bests: 100m (10.22)

Very explosive in the 100m and 4x100m relay...has talent and speed to score in the ACC Championships, but must remain healthy...another football team member that makes strong contributions to the track squad...outstanding character and discipline...PERSONAL: a special education major...born May 11, 1971.



Steve Gilmer

Steve Gilmer
5-11, 192, Junior
Tallahassee, FL
(Godby HS)
Collegiate Best: 4x100 relay (40.51),
100m (10.51)

Vastly improved from last year...worked hard in the off season...will make a significant contribution at the ACC Championships...also plays strong safety on the Seminole football team...1992: ran with the 4x100m relay team that placed first at the Colorado Invitational (40.51)...placed eighth in the 100m and second as a member of the 400m relay squad in the ACC Championships... PERSONAL: a business major...born October 30, 1971.

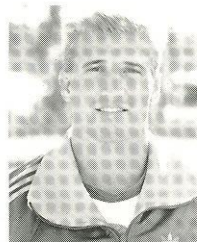


Michael Hampton

Michael Hampton
5-10, 144, Junior
Punxsutwney, PA
(Punxsutwney HS)
Collegiate Bests: 1500m (3:49.53),
800m (1:51.20)



Nehemiah Jefferson



Chris Keen

Coming off an outdoor redshirt season due to illness...potential scorer at the ACC Championship... will run in the 3000m indoor and focus on the 1500m outdoors...1991: finished third in 1500 meter run at Metro to complete a three-men sweep of the event for FSU...PREP: ran the second best 1500m prep in the nation for 1990 (3:50.1)... a high school All-American... PERSONAL: a communications major...born January 28, 1972.

Nehemiah Jefferson
6-0, 165, Senior
Tallahassee, FL
(Rickards HS)
Collegiate Bests: 400m (47.75)

Expected to place in the 400m at both the ACC indoor and outdoor championship meets... outstanding talent...anticipating best year ever...ready to take that step toward becoming an NCAA qualifier in the 400m and 1600m relay... 1991: Metro Conference 400m Champion... 1990: placed fourth in the 400m at the Metro Championships...anchored FSU's conference championship 1600m relay team... PREP: placed fifth at the state class 3A meet in the 400m in 1989...finished fifth at the Golden South Meet...PERSONAL: a marketing/management major...born January 3, 1971.

Chris Keen
5-10, 175, Senior
Jefferson, GA
(Jefferson HS)
Collegiate Bests: Javelin (191-10),
Pole Vault (16-6), Decathlon (6490)

Found his niche as a decathlete...will concentrate on the decathlon...a budding pole vault talent...best javelin thrower on the team... very good physical condition...will contend for the ACC Championship...1992: placed tenth in the javelin at the ACC Championships...played one season at defensive corner on the FSU football team...1991: placed second in the decathlon at the Metro meet...also finished fifth in the javelin at the conference championship...1990: Metro Conference champion in both the javelin and the pole vault...PREP: one of the top pole vaulters to come out of high school ranks in 1989...named the outstanding track athlete in the state of Georgia by USA Today... PERSONAL: a mechanical engineering major...born August 3, 1968.

Kevin Knox

6-4, 200, Junior

Niceville, FL

(Niceville HS)

Career Bests: Triple Jump (48-11),

Long Jump (23-10)

Big, strong athlete...has shown consistent improvement each year...should be a top competitor at the ACC meet in the horizontal jumps...also a wide receiver on FSU's nationally ranked football team...1992: enjoyed a competitive season...gained valuable experience while working with ACC champions Kelsey Nash (triple jump) and James Milton (long jump)...1991: was the Metro Conference triple jump runnerup in his first year of collegiate track...PREP: a three-sport star at Niceville High...a state finalist in both the triple jump and 400m relay...was named to the 4A All-State team in football...also played basketball...**PERSONAL:** a political science major...born January 30, 1971.

Kez McCorvey

6-1, 183, Sophomore

Gautier, Miss

(Pascagoula HS)

Collegiate Best: 110m High Hurdles (14.34)

Returned to track last season... improved significantly during the year...should score at the ACC Championships... also plays wide receiver on the Seminole football team... possesses tremendous talent...**PERSONAL:** plans to major in criminology...born January 23, 1972.

Hunter McIntosh

5-11, 160, Freshman

Palm Beach, FL

(Cardinal Newman HS)

Talented new comer...will participate in the long jump, triple jump and the hurdles...a well rounded student-athlete...**PREP:**an All-Area and All-Conference performer...holds five school records...won Alumni Award for best all-around track athlete...also a standout football and tennis player...**PERSONAL:** enrolled in FSU's undergraduate studies program...born December 12, 1973.

Tim Middlekoop

5-9, 150, Freshman

Ontario, CAN

(Chesley District HS)

Strong leg speed enables him to be very competitive in the middle distance events...will develop into a good runner... a fine young talent...**PREP:** Canadian 400m Medalist...**PERSONAL:** plans to major in industrial engineering...born April 15, 1972.

Joseph Moore

6-0, 175, Junior

Jacksonville, FL

(Wolfson Senior HS)

A junior college national scorer... Florida Community College Jacksonville record holder in the 400m hurdles (51.21)...proved to be a team leader...potential scorer in the ACC Championship... **PREP:** an All-City track selection... regional champion in 110m high hurdles and 300m intermediate hurdles...**PERSONAL:** member of the ROTC...a civic engineering major...born May 5, 1971.

Kelsey Nash

6-2, 167, Junior

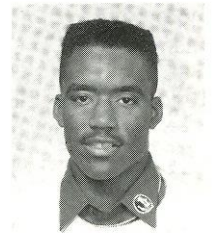
Mableton, GA

(The Westminster School)

Career Bests: Triple Jump (54-06),

Long Jump (24-11)

An extremely talented athlete...rises to the occasion with his best efforts coming in the major competitions... possibly FSU's most versatile performer...will be relied on to run both relays and the horizontal jumps...should also see action in the 200m dash and the 400m IM Hurdles...a school record holder in the triple jump...1992: an Olympic Trials and NCAA automatic qualifier...ACC champion in the triple jump with a school record jump of 54-06.0...also a scorer in the long jump...1991: the Metro Champion in the triple jump...finished third in the long jump in that meet...**PREP:** state triple jump champion in 1988 and '89... won the state 300m hurdles championship in 1988 and the 200m dash in '90...Atlanta Track Club's Man-of-the-Year in 300m hurdles (1989) and 200m dash (1990)...**PERSONAL:** majoring in business...born July 19, 1971.



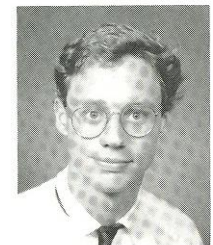
Kevin Knox



Kez McCorvey



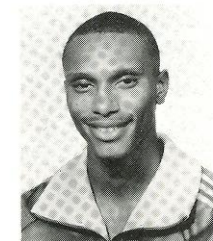
Hunter McIntosh



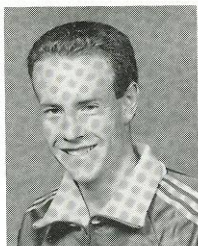
Tim Middlekoop



Joseph Moore



Kelsey Nash

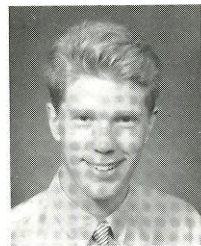


Darren Nutt

Darren Nutt

6-3, 170, Senior
Overland Park, KS
(Shawnee Mission HS)
Collegiate Bests: 110m
High Hurdles (13.90),
400m High Hurdles
(53.50)

Outstanding off season training...high expectations this year...has the ability to run on both relay teams...
1992: NCAA qualifier in the 110m high hurdles... **1991:** third place finish in the 110m high hurdles at the Metro meet...also ran on the Metro Conference winning 4x100m relay team...**1990:** ran the lead-off leg on FSU's 2nd place 4x100m relay team at the Metro meet... placed third in the high hurdles at the conference championships...
PREP: 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:** an accounting major... born April 4, 1971.

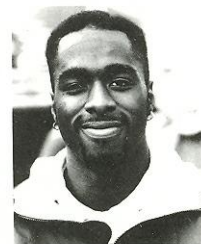


Ian Potter

Ian Potter

5-10, 150, Freshman
Ontario, CAN
(Globe Collegiate Institute HS)

Redshirted during 1992 cross country campaign...will run the 1500m and the 5000m indoors and outdoors...has been impressive during fall conditioning drills...**PREP:** placed ninth at the Canadian Junior Championships in cross country...first alternate to the Canadian Junior team...**PERSONAL:** plans on majoring in business...born May 17, 1973.



Philip Riley

Philip Riley

6-0, 175, Sophomore
Orlando, FL
(Jones HS)
Collegiate Bests: 110m High Hurdles
(13.71)

Junior college transfer in his first season at FSU...possesses great speed...National Junior College Indoor Champion in 55m high hurdles... recruited by the football team where he will play wide receiver...**PREP:** state champion in both the 110m and 300m hurdles as a junior...the third-fastest high school senior in the country...
PERSONAL: enrolled in FSU's undergraduate

Indoor Records

55m Dash	Mike Roberson	6.13	1979
55m Hurdles	Arthur Blake	7.05	1988
400m Dash	Ronnie Taylor	47.18	1981
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
1,600m Relay	Leander McKenzie, Charlie Carr, Vince Washington, Reggie Ross	3:08.67	1984
3,200m Relay	Allen Williams, Billy Pennick, Mark Bednarz, Jason Frank	7:29.00	1990
Shot Put	Mike Bell	59' 0"	1987
Pole Vault	Jeff Bray	18' 0.5"	1992
High Jump	Darrell Wills	7' 3.5"	1986
Long Jump	Billy Close	25' 6.25"	1987
Triple Jump	Leon Hutchins	51' 3.5	1982

studies...born September 24, 1972.

John Rothell

6-0, 160, Junior
Titusville, FL
(Astronaut HS)
Collegiate Bests: 400m Intermediate
Hurdles (50.71)

Coming off a redshirt season...should contend for the ACC Championship in the 400m IM hurdles...coaches say he has as much talent as any intermediate hurdler in the country...
1992: red-shirted both the indoor and outdoor seasons...**1991:** an Olympic trial qualifier... Pan-Am Junior Champion 400m hurdler... also a Junior Tac National Champion... **PREP:** prep All-American intermediate hurdler...Junior Olympic National Champion... ranked No. 1 in the nation by *USA Today* in the 400m IH in 1989... an All-Space Coast, All-Conference and All-Bervard County selection... **PERSONAL:** enrolled in FSU's undergraduate studies program...born March 29, 1972.



John Rothell



Anthony Sasso

Anthony Sasso

6-3, 235, Freshman
Cape Coral, FL
(Cape Coral HS)

Slowed by off-season sugery...should score in the discus at the outdoor conference meet... projected to develop his shot putting, but is not expected to score this year...**PREP:** placed fourth in the state meet his senior year...
PERSONAL: plans to major in mechanical engineering...born March 12, 1974.

'93 Men's Preview

The 1993 Seminole Track and Field team is **Taking Off!**

1992 proved to be an eye-opener for Florida State. A first year in the Atlantic Coast Conference bought a higher level of competition than the Seminoles had been used to during their 15 year reign as king of the Metro Conference Track scene. Yet despite giving up a conference championship that they had become so accustomed to bringing home to Tallahassee every year, last season was one of the better years FSU has had in many respects.

Last year's team was both young and talented, with nearly everyone returning in 1993. The Seminoles will be solid in all events this year with the sprints, hurdles, horizontal and vertical jumps being the team's strongest areas. Vastly improved talent returns to the throws and middle distance competition. The sole question mark this season is in the long distance events. Do the Seminoles have enough depth in this area to win their first Atlantic Coast Conference crown? We'll have to wait until April 17th to find out.

Continuing in their model of success, Florida State will take on a schedule as competitive as any in the nation. Here is what to look for from the 1993 Seminoles:

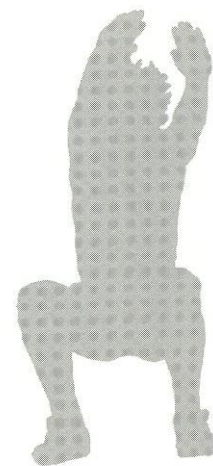
SPRINTS—The Seminoles return Jonathon Carter, who sat out last outdoor season with a toe injury. Carter placed second in the 55m dash last year at the ACC indoor meet. He is bigger, stronger and will be a force to contend with in 1993. Sophomore Kevin Ansley will be used more as a sprinter. In addition to his quarter-mile duties, Ansley will see plenty of action in the 55m and 200m dashes. Also expected to make an impact on the FSU sprint corps is junior college transfer Philip Riley. Riley, a national JUCO finalist in the 55m dash possesses outstanding speed. As always, many of Florida State's speediest football

athletes will make the transition from the gridiron to the track. Shannon Baker, Corey Fuller, Steve Gilmer, Tiger McMillon and Dante Snodgrass will add excitement to an already talented sprint squad. 1993 should also be a promising year for the

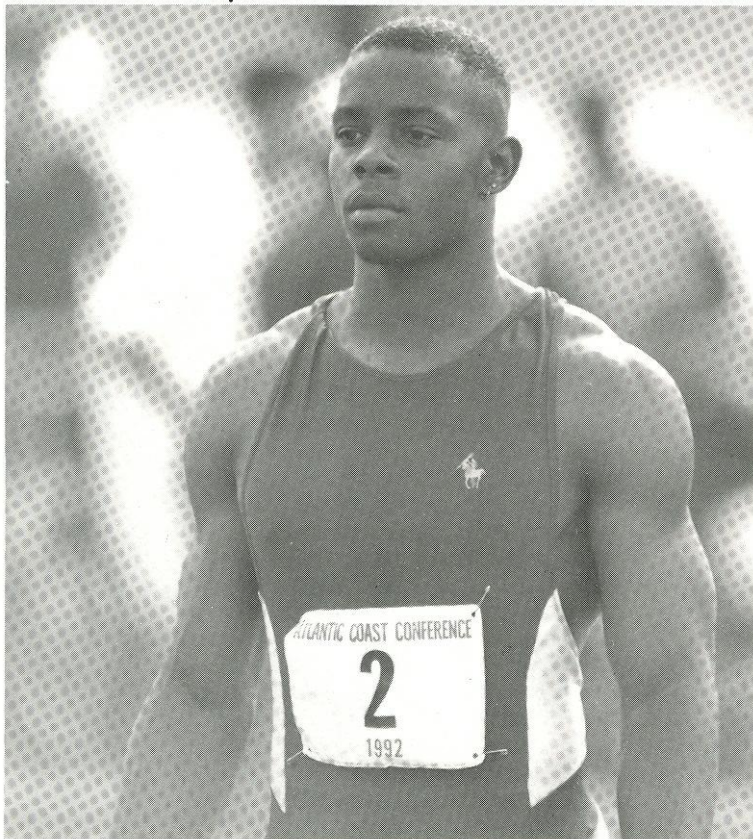


relays. With the talent and depth this sprint group demonstrates, the 4 x 100 and 4 x 400 teams can be the best Florida State has fielded since the early '80s.

HURDLES—This year's hurdles squad may be the best contingent ever assembled in Florida State's 44 years of Track and Field. Highlighting the 110m High Hurdles group is JUCO National Champion Philip Riley, Florida Community College graduate Marcus Dixon (13.63), returning senior Darren Nutt (13.90) and Kez McCorvey (14.34), a standout wide receiver on the Seminole football team. The Intermediate Hurdlers are just as talented. National TAC Junior Champion John Rothell (50.77), ACC runner-up Kelsey Nash, junior college standout Joe Moore and Tim Franklin highlight this not only talented, but young collection on hurdlers.



MIDDLE AND LONG DISTANCE—Florida State's hopes in the middle and long distance areas rest largely on the ability of the talented trio of senior Trey Culbertson, sophomore Mike Hampton and freshman Tim Middlekoop. These three will carry the

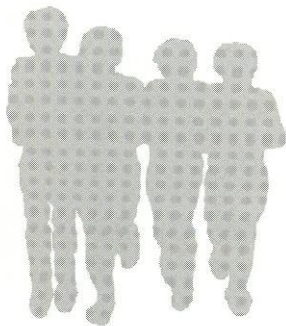


brunt of the load for FSU in this area. Their ability to line up at the ACC level and score will go a long way in determining the success of this year's squad. Coaches are relying on Brennan O'Brien, Jason Kaiser and Ian Potter to provide quality depth in the long distance events. At the middle distances seniors Nehemiah Jefferson, John Crossman and junior David Jones will be making an effort to contribute in the 800m, 2-mile relay and mile relay teams.

THROWS—Returning sophomore, Ryan Carson leads a young but hardworking and talented group of throwers. Carson was an ACC scorer in the both the shot and discus. Marc Anderson, William Sasso and William Shirk will provide depth in this area. Throwers' coach Pat O'Conner is very enthusiastic about the prospect for success in the throws this year. Senior Chris Keen will handle the

javelin duties. He has excellent credentials and should be among the scorers at the conference meet in April.

JUMPS AND POLE VAULT—One of the strongest areas for the Seminoles this year feature ACC champions and record holders Jeff Bray in the pole vault (18'-6.5") and Kelsey Nash in the triple jump (54'-6"). Kevin Crist, another ACC champion and the NCAA runner-up, returns to high jump action (7'-4.25"). Supporting Bray is Chris Keen, Matt Messerly, freshman James Owens and junior Bryn Wells. This collection should be another impressive group of vaulters for the Florida State program. Freshman Anthony Washington will back Nash in the triple jump and Crist in the high jump. Freshmen Jason Costner and Hunter McIntosh will see action in both the high and long jumps. The Seminoles could also receive help in the horizontal jumps from football standout Kevin Knox and hurdlers John Rothell and Tim Franklin. Another Freshman, Todd McBride, also figures to make a contribution in the long and triple jumps.



Men's Records



EVENT	FSU OUTDOOR RECORD	MIKE LONG TRACK RECORD	ACC RECORD	COLLEGIATE RECORD
100 Meter Dash	10.08, 1979 Mike Roberson	10.11, 1988 Andre Cason, Texas A&M	10.14, 1992 James Trapp, Clemson Michael Green, Clemson	9.91, 1992 Davidson Ezinwa, Azusa/NGR
200 Meter Dash	20.08, 1980 Mike Roberson	20.47, 1979 James Mallard, Alabama	20.27, 1988 Danny Peebles, N.C. State	19.75, 1988 Joe DeLoach, Houston
400 Meter Dash	44.99, 1981 Walter McCoy	45.34, 1984 James Rolle, Bud Light TC	44.71, 1984 Antonio McKay, Georgia Tech	43.50, 1992 Quincy Watts, Southern California
800 Meter Run	1:46.19, 1986 Ocky Clark	1:46.61, 1985 Ocky Clark, Bud Light TC	1:43.16, 1989 Paul Ereng, Virginia	1:41.77, 1984 Joaquinn Cruz, Oregon
1500 Meter Run	3:43.02, 1986 Ocky Clark	3:43.02, 1986 Ocky Clark, FSU	3:38.57, 1987 Terrance Herrington, Clemson	3:31.71, 1987 Abdl Bile, George Mason
8000 Meter Steeplechase	8:52.7, 1976 Bobby James	8:26.46, 1986 Brian Abshire, Auburn	8:21.72, 1981 Hans Koeleman, Clemson	8:05.4, 1978 Henry Rono, Wa. St /KEN
5000 Meter Run	13:53.26, 1982 Herb Wills	13:45.2, 1982 Barry Brown, Florida Track Club	13:24.46, 1984 Stijn Jaspers, Clemson	13:08.04, 1978 Henry Rono, Wa. St /KEN
10,000 Meter Run	28:58.7, 1982 Herb Wills	29:06.0, 1983 Jim Saplenza, Dartmouth	28:48.37, 1991 Bob Henes, N.C. State	27:22.47, 1978 Henry Rono, Wa. St /KEN
110 High Hurdles	13.29, 1987 Arthur Blake National Sports Festival	13.27, 1990 Arthur Blake, Mazda TC	13.00, 1979 Renaldo Nehemiah, Maryland	13.00, 1979 Renaldo Nehemiah, Maryland
400 IM Hurdles	49.33, 1985 Leander McKenzie	49.36, 1985 Tony Rambo, Bud Light TC	48.60, 1986 Derrick Adkins, Georgia Tech	47.45, 1977 Edwin Moses, Morehouse
400 Meter Relay	39.34c, 1977 Roberson, Walker, Merrick, Forbes	39.15, 1984 Butler, Krulee, Smith, Lattany, Bud Light TC	39.07, 1989 Bryant, Frazier, Brooks, Braunskill, N.C. State	38.23, 1989 Porter, Smith, Scholars, Stewart, Texas Christian
1,600 Meter Relay	3:03.76, 1986 Williams, McKenzie, Waddell, Johnson	3:03.34, 1985 Krehnbrink, Hind, Bernard, Armour, Georgia Tech	2:59.95, 1992 Terry, Amedee, Adkins, Mills Georgia Tech	2:59.91, 1988 Lewis, Young, Everett, Thomas, UCLA
Hammer	215-8, 1986 Horatio Garcia	221-8 ½, 1983 Derrin Hegerty, Boston	199-3, 1981 Al Baginski, Maryland	257-0, 1986 Ken Flax, Oregon
Shot Put	60-8, 1987 Mike Bell	64-0, 1986 Mike Spiritoso, Clemson	68-4 ¼, 1986 Mike Spiritoso, Clemson	71-11, 1984 John Brenner, UCLA
Discus	212-6, 1979 Brad Cooper	211-4, 1986 Brad Cooper, Bahamas TC	203-4, 1982 Jack Harkness, Clemson	232-4, 1992 Kamy Keshmiri, Nevada
Javelin	250-4, 1981 Hank Langee	248-5, 1988 Tom Pukstys, DuPage	240-8, 1992 Sean Murray, North Carolina	292-4, 1990 Patrick Bodin, Texas
High Jump	7-4 ¼, 1984 Kenny Smith, 1992 Kevin Crist	7-5, 1983 James Varrineau, Unattached	7-6, 1986 Victor Smalls, Clemson	7-10, 1989 Hollis Conway, Southwestern Louisiana
Long Jump	25-11 ½, 1983 Mark Freeman	27-6 ¾, 1982 Larry Myricks, Unattached	26-2 ¼, 1985 Jake Howard, N.C. State	28-3 ½, 1981 Carl Lewis, Houston
Triple Jump	54-2 ¼, 1982 Leon Hutchins	54-0 ¾, 1984 Charlie Simpkins, Liberty Baptist	55-3, 1979 Dennis Ivory, Maryland	58-7 ¼, 1985 Charlie Simpkins, Liberty Baptist
Decathlon	7612, 1981 Rohn Stark	7873, 1990 Kevin McGorty, Unattached	7920, 1992 Stephen Dunphy, Virginia	8322, 1986 Mike Ramos, Washington
Pole Vault	18-6 ½, 1992 Jeff Bray, Florida State	18-6 ½, 1992 Jeff Bray, Florida State	18-6 ½, 1992 Jeff Bray, Florida State	19-2 ¼, 1985 Joe Dial, Oklahoma State

'93 NCAA Men's Qualifying Marks



OUTDOOR

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 Meter Dash	10.22	—	10.40	—
200 Meter Dash	20.55	—	20.90	—
400 Meter Dash	45.70	45.4	46.60	46.3
800 Meter Run	1:47.50	1:47.2	1:48.95	1:48.7
1500 Meter Run [#]	3:41.40	3:41.1	3:46.00	3:45.7
Mile Run [#]	3:59.09	3:58.8	4:04.06	4:03.7
3000 Meter				
Steeplechase [#]	8:44.00	8:43.7	8:55.00	8:54.7
5000 Meter Run [#]	13:52.00	13:51.7	14:15.00	14:14.7
10,000 Meter Run [#]	28:58.00	28:57.7	29:45.00	29:44.7
110 Meter Hurdles	13.72	—	14.02	—
400 Meter Hurdles	50.70	50.4	51.60	51.3
400 Meter Relay	39.45	39.2	40.00	39.7
440 Yard Relay	39.65	39.4	40.20	39.9
1600 Meter Relay	3:04.70	3:04.4	3:07.50	3:07.3
Mile Relay	3:05.90	3:05.6	3:08.70	3:08.5
High Jump	2.25m	—	2.18m	—
Long Jump	8.05m	—	7.70m	—
Triple Jump	16.40m	—	15.80m	—
Shot Put	18.80m	—	17.50m	—
Pole Vault	5.52m	—	5.30m	—
Discus	59.00m	—	54.50m	—
Javelin	74.00m	—	68.00m	—
Hammer	65.00m	—	59.50m	—
Decathlon	7,700	—	7,100	—

[#] - 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)*	21.18	—	21.60	—
(200m/220 yds)*	21.08	—	21.50	—
(Over 200m/220 yds)*	20.78	—	21.20	—
400 Meters				
(Under 200m/220 yds)*	47.10	46.8	48.20	47.9
(200m/220 yds)*	46.70	46.4	47.80	47.5
(Over 200m/220 yds)*	46.10	45.8	47.20	46.9
800 Meters				
(200m/220 yds or less)*	1:49.10	1:48.8	1:51.00	1:50.7
(Over 200m/220 yds)*	1:48.10	1:47.8	1:50.00	1:49.7
Mile [#]				
(200m/220 yds or less)*	4:01.80	4:01.5	4:07.00	4:06.7
(Over 200m/220 yds)*	4:00.20	3:59.9	4:05.40	4:05.1
3,000 Meters [#]				
(200m/220 yds or less)*	8:01.20	8:00.9	8:12.00	8:11.7
(Over 200m/220 yds)*	7:58.60	7:58.3	8:09.40	8:09.1
5,000 Meters [#]				
(200m/220 yds or less)*	13:59.00	13:58.7	14:15.00	14:14.7
(Over 200m/220 yds)*	13:55.30	13:55.0	14:11.30	14:11.0
1,600-Meter Relay				
(Under 200m/220 yds)*	3:11.80	3:11.5	3:14.80	3:14.5
(200m/220 yds)*	3:09.00	3:08.7	3:12.00	3:11.7
(Over 200m/220 yds)*	3:06.20	3:05.9	3:09.20	3:08.9
Mile Relay				
(Under 200m/220 yds)*	3:13.00	3:12.7	3:16.00	3:15.7
(200m/220 yds)*	3:10.20	3:09.9	3:13.20	3:12.9
(Over 200m/220 yds)*	3:07.40	3:07.1	3:10.40	3:10.1
3,200-Meter Relay				
(Under 200m/220 yds or less)*	7:24.00	7:23.7	7:32.00	7:31.7
(Over 200m/220 yds)*	7:20.00	7:19.7	7:28.00	7:27.7
Two-Mile Relay				
(Under 200m/220 yds or less)*	7:27.00	7:26.7	7:35.00	7:34.7
(Over 200m/220 yds)*	7:23.00	7:22.7	7:31.00	7:30.7
High Jump	2.25m	—	2.16m	—
Long Jump	7.90m	—	7.62m	—
Triple Jump	16.20m	—	15.70m	—
Pole Vault	5.48m	—	5.25m	—
Shot Put	18.60	—	17.50	—
35-Pound Weight	19.75	—	18.40	—

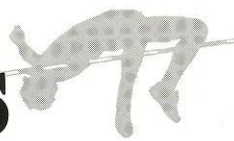
* - Size of track.

[#] - Altitude adjustment available.

1993 NCAA® DIVISION I MEN'S AND WOMEN'S

**INDOOR TRACK
CHAMPIONSHIPS**
INDIANAPOLIS, INDIANA

All-Americans



CROSS COUNTRY

- 1969 Ken Misner
- 1970 Ken Misner
- 1971 Bobby Brooks
- 1981 Herb Wills

INDOOR

- 1980 Mel Boodie, Walter McCoy, Reggie Ross, Palmer Simmons - mile relay (1st)
- 1982 Philip Rolle - 800 yards
- 1984 Reggie Ross - 4x400
- 1987 Arthur Blake - 55m hurdles
- 1988 Arthur Blake - 55m hurdles
- 1991 Kevin Crist - high jump
- 1992 Kevin Crist - high jump

OUTDOOR

- 1963 Carter Williams - shot put
- 1968 Mike Kelly - 120-yd hurdles
- 1969 Doug Brown - 100 yards; Mike Kelly - 120-yd hurdles; Mike Kelly - 440-yd IM hurdles; Phil Parker - triple jump
- 1971 Ken Misner - 3 and 6 miles
- 1972 Joel Garren - 200 m
- 1973 Danny Smith - 60-yd hurdles
- 1974 Tyrone Frederick - 880 yards; Danny Smith - 60-yd hurdles (1st), 120-yd hurdles
- 1975 Rudy Falana - long jump; Jesse Forbes - 100 yards; Charlie Harris - triple jump; Tyrone Frederick - 880 yards; Danny Smith - 60-yd hurdles (1st)
- 1976 Don Merrick - 60 yards; Mike Roberson - 200m; Phares Rolle - pole vault
- 1977 Mike Roberson - 60-yd hurdles
- 1978 Bradley Cooper - discus; Rudy Forbes - 100m; Walter McCoy - 600 yards (1st), 400m; Rudy Forbes, Kevin Johnson, Walter McCoy, Mike Roberson - 4x100; Walter McCoy, Ron Nelson, Mike Roberson, John Walker - mile relay
- 1979 Bradley Cooper - discus (1st); Walter McCoy - 400m; Earl Carruthers, Walter McCoy, Palmer Simmons, Ron Nelson - 4x400
- 1981 Walter McCoy - 400m; Philip Rolle - 800m; Rohn Stark - decathlon; Herb Wills - 10,000m; Don Frost, Walter McCoy, Ronnie Taylor, Chip Wells - 4x100; Lynn Brown, Walter McCoy, Ron Nelson, Philip Rolle - 4x400
- 1982 Ronnie Taylor - 200m; Herb Wills - 10,000m
- 1984 Leander McKenzie - 400m IM hurdles; Kenny Smith - high jump; Charlie Carr, Leander McKenzie, Vince Washington, Reggie Ross - 4x400
- 1985 Leander McKenzie - 400m IM hurdles; Kevin Gordon, Thomas Johnson, Leander McKenzie, Vince Washington - 4x400
- 1986 Ocky Clark - 800m; Leander McKenzie - 400m IM hurdles; Thomas Johnson, Leander McKenzie, Clark Waddell, Carter Williams - 4x400
- 1987 Horatio Garcia - hammer
- 1988 Arthur Blake - 110m hurdles
- 1989 Larry Carr - pole vault
- 1990 Larry Carr - pole vault
- 1992 Kevin Crist - high jump
Jeff Bray - pole vault



Arthur Blake
1988 & 1992
Olympian

National Championship Relays

1980 Outdoor Mile Relay

Reggie Ross, Melford Boodie,
Palmer Simmons, Walter McCoy

Seminoles In The Olympics 1992-BARCELONA, SPAIN

Arthur Blake (United States), 110 Hurdles
Tom Reither (Chile), Pole Vault

1988-SEOUL, SOUTH KOREA

Arthur Blake (United States), 110 Hurdles
(8th place)

Bradley Cooper (Bahamas), Discus

1984-LOS ANGELES, CALIFORNIA

Bradley Cooper (Bahamas), Discus
Walter McCoy (United States)
1600 Meter Relay (Champion)

1976-MONTREAL, CANADA

Danny Smith (Bahamas), 110 Hurdles

Individual NCAA Champions

Danny Smith

1974 - Indoor 60-yd. HH

1975 - Indoor 60-yd. HH

Walter McCoy

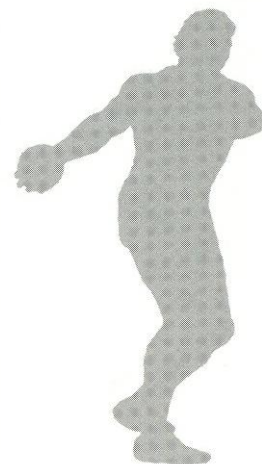
1978 - Outdoor 600-yd. Run

Bradley Cooper

1979 - Outdoor Discus

Mike Roberson

1980 - Outdoor 200m Dash





Men's All-Time Top Performances



100 Meters

1	Mike Roberson	10.08	1979
2	Don Merrick	10.14(c)	1975
3	Ron Nelson	10.20	1980
4	Jimmy Daniel	10.24	1985
5	Deion Sanders	10.26	1988
6	Clark Waddell	10.28	1985
7	Bobby Butler	10.30	1980
8	Sammie Smith	10.31	1987
9	Vesco Bradley	10.35	1975
10	Shannon Baker	10.35	1992

100 Yards

1	Danny Smith	9.5 y	1973
	Ken White	9.5 y	1965
	Al Cato	9.5 y	1965
4	John Poston	9.6 y	1952
	Jack Terwilliger	9.6	1958
	Eddie McMillan	9.6 y	1971

200 Meters

1	Mike Roberson	19.96(w)	1980
2	Mike Roberson	20.08	1980
3	Don Merrick	20.39	1976
4	Ron Harrison	20.42	1960
5	Deion Sanders	20.60	1987
6	Arthur Blake	20.63	1987
7	Clarke Waddell	20.76	1986
8	Sammie Smith	20.82	1988
9	Jimmy Daniel	20.85	1985
	Visco Bradley	20.85	1974

400 Meters

1	Walter McCoy	44.99	1981
2	Thomas Johnson	45.69	1986
3	Clark Waddell	45.80	1985
4	Carter Williams	45.85	1985
	Vince Washington	45.85	1985
6	Ron Nelson	46.16	1980
7	Vince Bostic	46.20	1984
8	Kevin Ansley	46.23	1992
9	John Walker	46.50	1977
	Lynn Brown	46.50	1980

800 Meters

1	Ocky Clark	1:46.19	1986
2	Philip Rolle	1:46.58	1981
3	Palmer Simmons	1:47.30	1980
4	Rob Circelli	1:47.40	1991
5	Tyrone Frederick	1:47.44	1974
6	Rob Gomez	1:48.80	1980
7	Doug Loftus	1:48.83	1983
8	Jason Frank	1:49.24(c)	1989
9	Ray Broughton	1:49.20	1983
10	Carter Williams	1:49.50	1987

1500 Meters

1	Ocky Clark	3:43.02	1986
2	Robb Gomez	3:43.60	1982
3	Bobby Burr	3:44.46	1974 (c-mile)
4	Jason Frank	3:47.10	1990 (c-mile)
5	Bobby Shakeford	3:47.30	1982
6	Mike Conley	3:47.52	1958 (c-mile)
7	Martin Enholm	3:47.60	1984
8	Bob Circelli	3:49.10	1991
9	Mike Hampton	3:49.53	1991
10	Philip Healy	3:49.73	1991

5000 Meters

1	Herb Wills	13:53.26	1982
2	George West	13:55.10	1976
3	Larry Greene	14:05.83	1983
4	Greg Doss	14:07.45	1985
5	Ken Misner	14:08.90	1971
6	Paul Waldon	14:20.96	1984
7	Ronnie Treadway	14:22.00	1982
8	Doug Overfelt	14:24.00	1980
9	Jason Frank	14:30.00	1990
10	Marc Trigg	14:38.00	1980

1000 Meters

1	Herb Wills	27:58.70	1982
2	Ken Misner	28:55.51(c)	1971
3	Larry Greene	29:34.00	1983
4	Paul Waldron	29:43.10	1981
5	David Keen	29:47.20	1989
6	John Hodge	30:30.00	1980
7	Ronnie Treadway	30:35.00	1982
8	Greg Doss	30:43.50	1985
9	Matt Dobson	31:32.27	1991
10	Steve Wilcox	32:12.50	1992

3000 Steeplechase

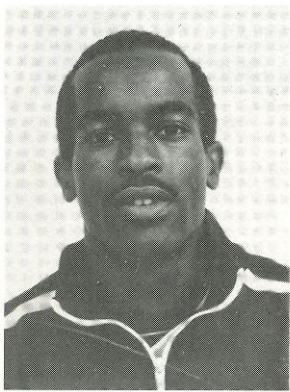
1	Bobby James	8:52.70	1976
2	Jacob Hoesly	8:58.52	1987
3	Doug Overfelt	8:59.00	1980
4	Ronnie Treadway	8:59.34	1984
5	Richard Corbett	9:04.77	1988
6	Trey Culbertson	9:07.11	1992
7	Billy Penick	9:11.20	1989
8	Chris Daniels	9:14.26	1985
9	Chris Mooney	9:15.43	1990
10	Marc Trigg	9:21.00	1980

110 Meter High Hurdles

1	Arthur Blake	13.29	1987
2	Mike Roberson	13.40	1976
3	Danny Smith	13.44	1974
4	Rodney Lawson	13.50	1987
5	Mike Kelly	13.74	1969
6	Leander McKenzie	13.81	1984
7	Darren Nutt	13.91	1992
8	Jason Welsh	14.10	1987
9	Gary Bassa	14.14	1975
10	John Citron	14.24	1975

400 Meter Intermediate Hurdles

1	Leander McKenzie	49.33	1985
2	Mike Kelly	49.99	1969
3	John Citron	50.46	1975
4	Eric Riley	50.71	1984
5	John Rothell	50.77	1992
6	Charlie Carr	50.83	1984
7	Chris Sloan	51.31	1991
8	Eric West	51.73	1987
9	Kelsey Nash	52.16	1992
10	Mark Herman	52.30	1975



Mike Roberson
NCAA 200m
Champion



Walt McCoy
2-time Olympian
and Gold Medalist

Long Jump

1 Mark Freeman	25' 11 1/2"	7.91	1983
2 Billy Close	25' 8 1/2"	7.83	1988
3 Vesco Bradley	25' 6 3/4"	7.79	1975
4 James Milton	25' 2 1/2"	7.68	1990
5 Greg Allen	24' 11 3/4"	7.61	1984
6 Sid Gainey	24' 11"	7.59	1966
7 Rudy Falana	24' 10 3/4"	7.58	1985
Kelsey Nash	24' 10 3/4"	7.58	1991
9 Carlton Scott	24' 5 1/4"	7.44	1985
10 Bernie Waxman	24' 4 1/2"	7.42	1972

Triple Jump

1 Kelsey Nash	54' 6"	16.61	1992
2 Leon Hutchins	54' 2 1/4"	16.51	1982
3 Andy Latimar	52' 7 1/4"	16.03	1985
4 Henry Finney	51' 10"	15.80	1976
5 Charlie Harris	51' 8 1/4"	15.75	1974
6 Eric Robinson	51' 5 1/2"	15.68	1987
7 Art Nelson	50' 1"	15.27	1992
8 Charles Galloway	49' 11"	15.21	1970
Billy Close	49' 11"	15.21	1987
10 Greg Allen	49' 8"	15.13	1983

High Jump

1 Kenny Smith	7' 4 1/4"	2.24	1984
Kevin Crist	7' 4 1/4"	2.24	1992
3 Darrel Wills	7' 3 1/2"	2.22	1988
4 Tom Stitt	7' 2 1/2"	2.20	1987
5 Larry Sawyer	7' 2"	2.18	1980
6 Jeff Nedimyer	7' 1"	2.16	1976
7 David Etheridge	7'	2.13	1985
8 Ashley Peebles	7'	2.13	1985
9 Mike Lee	6' 10"	2.08	1973
10 James Sauters	6' 8"	2.03	1970

Shot Put

1 Mike Bell	60' 8"	18.49	1987
2 Ken Lanier	60' 4"	18.39	1979
3 Allen Williams	59' 10"	18.23	1963
4 Scott Peterson	59' 5"	18.21	1992
5 Ray Nuredini	56' 4"	17.17	1975
6 Jeff Clark	55' 3 1/4"	16.84	1962
7 Eric Chambers	55' 1"	16.79	1991
8 Chuck Cowder	55'	16.76	1971
9 John Snyder	54' 4"	16.56	1970
10 Don Ostergaard	54' 1/2"	16.47	1961

Discus

1 Bradley Cooper	212' 6"	64.78	1979
2 Eric Chambers	179' 8"	54.76	1992
3 Harry Glenn	178' 9"	54.48	1980
4 Earl Johnson	171' 7"	52.30	1986
5 Ken Lanier	171'	52.12	1980
6 Ray Nuredini	168' 9"	51.44	1977
7 George Frank	168' 5"	51.34	1969
8 Bruce McCambell	167'	50.90	1971
9 John Subbers	166' 10"	50.86	1980
10 Mike Hill	165' 1"	50.32	1988

Javelin

1 Hank Langee	250' 4"	76.30	1981
2 Eric Allen	250'	76.20	1977
3 Randy Hutchinson	235' 1"	71.66	1973
4 Jim Buck	233' 6"	71.18	1971
5 Tom Fettes	230' 5"	70.24	1989**
6 Jerry Henderson	227' 5"	69.32	1958
7 Rich Richekderfer	223' 7"	68.16	1973
8 Roy Dunn	222' 11"	67.94	1970
9 Bud Manning	220' 8"	67.26	1967
10 Glenn Quesenberry	209' 5"	63.84	1983

**New Javelin - School Record

Hammer

1 Horatio Garcia	215' 8"	65.74	1986
2 Eric Chambers	165' 10"	50.56	1991
3 Mike Brinkman	165'	50.30	1984
4 George Karakatsansis	162' 6"	49.54	1988
5 Mark Sleeman	149' 7"	45.60	1985
6 Vinny Bilotto	127'	38.72	1979
7 Scott Peterson	103' 2"	31.46	1991

Decathlon

1 Rohn Stark	7612	1981
2 Tom Reither	7193	1985
3 Charlie Galloway	6829	1971
4 Mark Nugen	6800	1980
5 Mark Napier	6491	1988
6 Chris Keen	6490	1991
7 Lenx Jackson	6419	1983
8 Thomas Bowman	6417	1950
9 Mark McIntosh	6117	1988
10 Bill Lickson	6035	1982

Pole Vault

1 Jeff Bray	18' 6 1/2"	5.65	1992
2 Larry Carr	18' 1"	5.51	1989
3 Tom Reither	17' 6"	5.34	1988
4 Chares Rolle	17' 1"	5.21	1976
5 Dusty Harmon	17'	5.18	1983
Brian Fitzsimmons	17'	5.18	1986
7 Allen McMillian	16' 6"	5.03	1972
Joel Smith	16' 6"	5.03	1985
9 Darrell Meadows	16' 3"	4.95	1992
10 Bill Jackson	16' 1"	4.90	1971

4x100 Relay

1 Roberson, Walker, Merrick, Forbes	39.34(c)	1977
2 Carter, Blake, Sanders, Smith	39.40	1988
3 Lawson, Blake, Mayhew, Smith	39.55	1987
4 Gilmer, Milton, Nash, Ansley	39.95	1992
5 McKenzie, Mayhew, Bryant, Waddell	40.09	1986
6 G.Allen, B.Allen, Scott, Daniel	40.23	1985
7 FSU (Metro Conf.)	40.33	1990
8 FSU (Metro Conf.)	40.55	1991
9 Allen, Gordon, Freeman, Hester	40.57	1984
10 FSU (FSU Relays)	40.69	1991

4x400 Meter Relay

1 Williams, McKenzie, Waddell, Johnson	3:03.76	1986
2 Nelson, Ross, McCoy, Simmons	3:04.29	1980
3 McKenzie, Washington, Gordon, Johnson	3:04.33	1980
4 McKenzie, Ross, Carr, Bostic	3:05.50	1984
5 Nelson, Caruthers, McCoy, Simmons	3:05.70	1979
6 Taylor, Brown, Rolle, McCoy	3:07.39	1981
7 Jefferson, Goldsmith, Nash, Ansley	3:07.49	1992
8 James, Bligen, Goldsmith, Jefferson	3:07.58	1990
9 Nelson, Brown, Roberson, McCoy	3:07.60	1978
10 Williams, Caruthers, Dixon, Kincaid	3:08.50	1975

Distance Medley Relay

1 Penick, Sloan, Williams, Frank	9:48.20	1990
2 Circelli, Sloan, Hampton, Healy	9:48.92	1991
3 Kettenacker, Miller, Curtis, West	9:50.30	1976
4 Kaiser, Stow, Ramers, Misner	9:51.30	1971
5 Kaiser, Waxman, Ramers, Misner	9:59.80	1972
6 FSU	10:00.00	1974
7 Koenig, Herman, Brooks, Burr	10:02.40	1974
8 Wise, Sparling, Ramers, Brooks	10:10.30	1972

Sprint Medley Relay

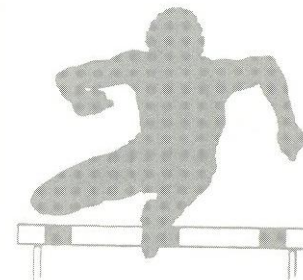
1 Smith, Weldon, Garren, Frederick	3:19.40	1973
2 Smith, Bradley, Garren, Frederick	3:22.20	1973
3 Casteel, Butner, Terwilliger, Conley	3:24.40	1958
4 Till, C. Johnson, T. Long, Davis	3:26.80	1961
5 Guy, Sepulreday, Stow, Law	3:27.50	1969



Ocky Clark
USA Indoor
800m Record Setter



Herb Wills
2-time All-American
Distance Runner



Indoor Schedule

JANUARY 10
University of Florida Open
Gainesville, Florida

JANUARY 17
Florida Invitational
Gainesville, Florida

JANUARY 31
Barnett Bank Invitational
Gainesville, Florida

FEBRUARY 5
Gator Invitational
Gainesville, Florida

FEBRUARY 5
Millrose Games
New York, New York

FEBRUARY 13-14
Southern Illinois
Carbondale, Illinois

FEBRUARY 19-20
ACC Indoor Track
Championships
Johnson City, Tennessee

FEBRUARY 26
TAC National Indoor
Championships
New York, New York

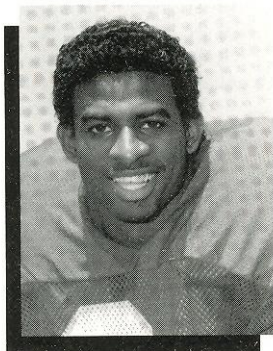
FEBRUARY 27
University of Nevada
Invitational
Reno, Nevada

FEBRUARY 27
Notre Dame Invitational
South Bend, Indiana

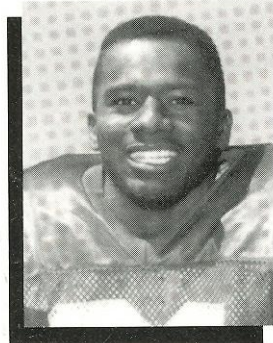
MARCH 4
Florida Fast Times
Gainesville, Florida

MARCH 12-13
NCAA Indoor Track
Championships
Indianapolis, IN

Two Sport Athletes



Deion Sanders



Terrell Buckley

SEMINOLES IN THE NFL

These former Florida State Track Athletes have enjoyed National Football League careers.

NAME	POSITION	CURRENT TEAM
Rohn Stark	Punter	Indianapolis Colts
Jessie Hester	Wide Receiver	Indianapolis Colts
Ken Lanier	Offensive Tackle	Denver Broncos
Bobby Butler	Cornerback	Atlanta Falcons
Greg Allen	Running Back	Tampa Bay Bucs (retired)
Martin Mayhew	Defensive Back	Washington Redskins
Deion Sanders	Cornerback	Atlanta Falcons
Sammie Smith	Running Back	Denver Broncos
Dexter Carter	Running Back	San Francisco 49ers
Terrell Buckley	Defensive Back	Green Bay Packers

On the track from left to right:
Arthur Blake, Dexter Carter,
Sammy Smith and
Deion Sanders

Outdoor Schedule

MARCH 13
FAMU Relays
Tallahassee, Florida

MARCH 19-20
FSU Relays
Tallahassee, Florida

MARCH 27-28
Florida Relays
Gainesville, Florida

APRIL 3
Texas Relays
Austin, Texas

APRIL 3
Kiwanis Invitational
Tallahassee, Florida

APRIL 10
FAMU
Tallahassee, Florida

APRIL 16-17
ACC Outdoor Track
Championships
Durham, North Carolina

APRIL 23-24
Penn Relays
Philadelphia, Pennsylvania

APRIL 23
Gator Field Events Weekend
Gainesville, Florida

MAY 1
Gator Twilight
Gainesville, Florida

MAY 1
Don Kirby Memorial
Invitational
Albuquerque, New Mexico

MAY 8
Run-Tex Invitational
Austin, Texas

MAY 15
Clemson Open
Clemson, South Carolina

MAY 22
Griffin Invitational
Atlanta, Georgia

MAY 26
Seminole Twilight
Tallahassee, Florida

JUNE 2-5
NCAA Outdoor Track
Championships
New Orleans, Louisiana

JUNE 17-19
TAC National
Championships
Eugene, Oregon

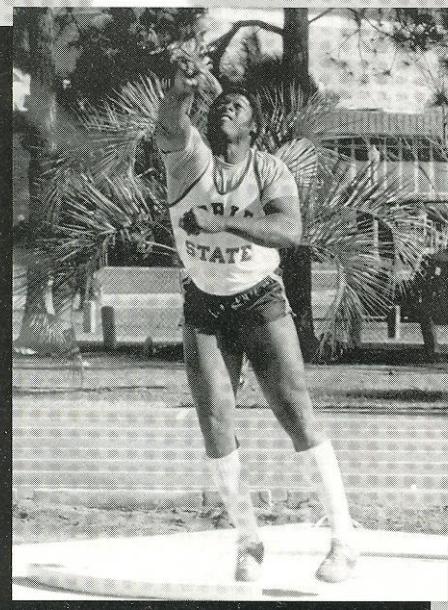
JUNE 25-26
TAC National Junior
Championships
TBA

FSU HEAD FOOTBALL COACH BOBBY BOWDEN:

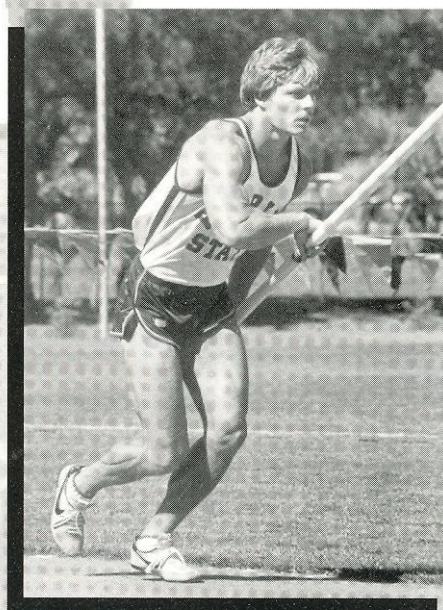
**“We encourage the participation between
both the track and field squad
and the football team.**

**Coach Long and the Florida State
Track and Field staff have worked with our
athletes’ speed and have helped them to
really improve themselves.**

**We are really proud and thankful
for the track program here at
Florida State University.”**



Ken Lanier



Rohn Stark