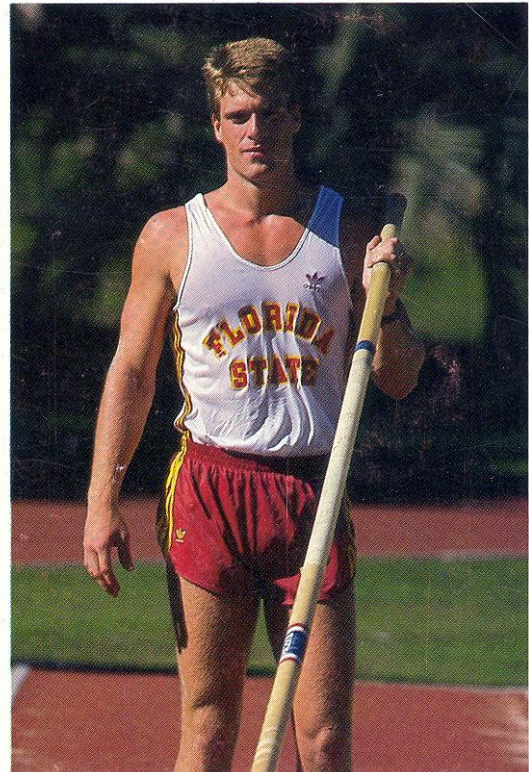
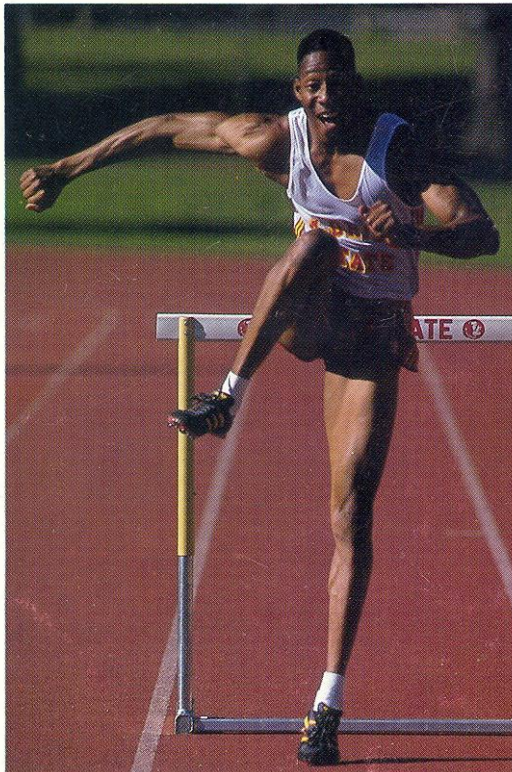
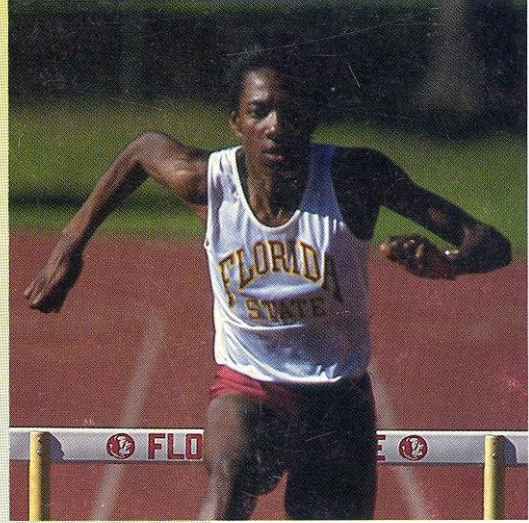
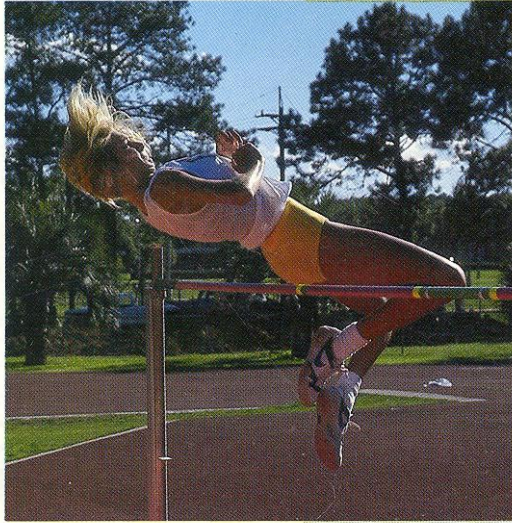


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Florida State

T R A C K G U I D E





INDOOR SCHEDULE

Jan	14	Gainesville Open	Gainesville, FL
Feb.	11	Coke Classic (scored)	Gainesville, FL
Feb.	16	LSU Invitational	Baton Rouge, LA
Feb.	23	Alex Wilson Invitational	South Bend, IN
Mar.	2	Last Chance	Gainesville, FL
Mar.	9-10	NCAA Indoor Champs	Indianapolis, IN

OUTDOOR SCHEDULE

Mar.	10	FAMU Relays	Tallahassee, FL
Mar	16	Tallahassee Invit. (Scored)	Tallahassee, FL
Mar.	21-24	FSU Relays	Tallahassee, FL
Mar.	30-31	Florida Relays	Gainesville, FL
Apr.	14	Florida-Kansas-North Carolina (Scored)	Gainesville, FL
Apr.	21	J'ville Gatorade Classic	Jacksonville, FL
Apr.	21	Kansas Relays	Lawrence, KS
Apr.	28	Gatorade Track Classic Final	Gainesville, FL
May	4-5	Gatorade Track Classic	Knoxville, TN
May	17-19	Metro Track Champs	Tallahassee, FL
May	25	Fla. TAC Senior Champs.	Tallahassee, FL
May 30	June 2	NCAA Track Champs	Durham, NC
June	14-16	TAC National Outdoor Championships	Walnut, CA

All home contests will be contested at Mike Long Track and all meets will feature both men's and women's teams unless otherwise indicated.



TRACK DIRECTORY

Phone:	(904) 644-2554
Mailing Address:	Track Office P.O. Drawer 2195 Tallahassee, FL 32316
Head Coach:	Terry Long
Cross Country Coach:	Sue Addison
Assistant Coaches:	Jim Long Pat O'Connor Mike Curcio Dennis Nobles Kim McKenzie Tom Shaw Solvey Watson
Track Trainers:	Sam Lunt Doug Bartelt Kim Ferrill Angela Sehgal
Academic Advisor:	Trudy Raybun
Academic Coordinator:	Beverly Yerg

ATHLETIC DIRECTORY

Athletic Director:	Bob Goin
Assistant Directors:	Larry Pendleton Dr. Janice Stocker Claude Thigpen Charles Hurst
Assistant to the Director:	John Sheffield Joe Labat Brian Mand Greg Phillips
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Sports Information Director:	Wayne Hogan
Assistant SID's:	Donna Turner Rob Wilson Nick Gandy



FLORIDA STATE FINGERTIP FACTS

Location	Tallahassee, FL
Nickname	Seminoles
Enrollment	28,077
Colors	Garnet and Gold
President	Dr. Bernard F. Sliger
Faculty Representative	Dr. Charles Ehrhardt

1989 Metro Finish

Women's Cross Country	2nd
Women's Outdoor	1st
Men's Cross Country	2nd
Men's Outdoor	1st

Florida State 1990 TRACK & FIELD MEDIA GUIDE

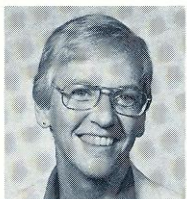
CREDITS

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ATHLETIC STAFF



Bob Goin
Athletic Director



Dr. Janice Stocker
Assistant Athletic Director



Dr. Beverly Yerg
Academic Coordinator



Sam Lunt
Athletic Trainer



Kim Ferrell
Athletic Trainer

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ON THE COVER: FAMILIAR FACES

Florida State's top performers from a year ago return as the Seminoles continue their climb on the NCAA track ladder. NCAA qualifier and Metro Champion Holly Kelly (top left) who is one of the top high jumpers in the country; Kim Batten (top right) a jumper/hurdler/sprinter who is vastly becoming one of the top Lady Seminole athletes of all time; Rodney Lawson (bottom left) a two time NCAA qualifier in the 110 hurdles, continuing a Florida State tradition in that event; Larry Carr (bottom right) another two time qualifier who holds the Florida State and Metro Conference record in the pole vault.

Florida State HEAD COACH

Terry Long (Florida State '63)



In 1990, Coach Long begins his second 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. Terry 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 four seasons, Long continued a strong tradition of outdoor track success by the Lady Seminoles. He 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, Long helped the Seminole men to their 13th 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.



Terry Long, in his 20th season of collegiate coaching, his predecessor's left off with another Metro Championship.

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 is 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, 50, has been head coach of the Athletic Attic, Mazda and Bud Life 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: 50

Years at Florida State: 5

Years of Collegiate Coaching

Experience: 20

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 Coach (1986-87)

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:

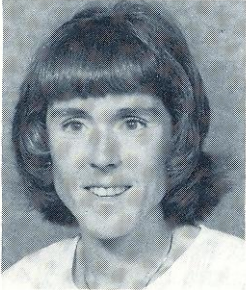
Lakeland Senior High School-Head Track and Cross Country Coach (1968-70)

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

Florida State COACHING STAFF

Sue Addison

Cross Country Coach
(Michigan State '78)



Sue Addison enters her second 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 last year, replacing Al Schmidt, who took over the head coaching job at Mississippi State, 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 senior year at Michigan State and in 1986 posted the nation's 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.

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.

Age: 33

Years at Florida State: 1

Collegiate Coaching Experience: 6

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

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

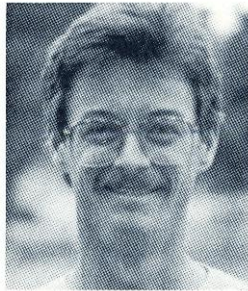
Collegiate Track Experience: 4

Michigan State-Track & Field, Cross Country (1975-1978)



Dennis Nobles

Assistant Coach
(Florida State '82)



Dennis Nobles enters his fifth 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 14 All-Americans, two national champions, a pair of Olympic qualifiers and a national record holder and lead that school to a national championship and two runner-up finishes.

He returned to his alma mater in 1985 to accept an assistant coaches position. 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: 32

Years at Florida State: 5

Years of Collegiate Coaching Experience: 7

Collegiate Coaching Experience:

Florida State-Assistant Coach (1985-1989)

Wayland Baptist-Assistant Coach (1984-1985)

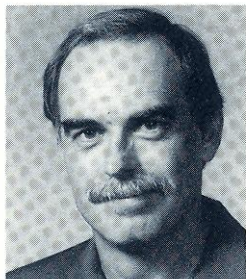
Collegiate Track Experience:

Florida State-pole vault (1979-1981)



Jason Frank, shown here finishing ahead of the pack, has progressed rapidly under the guidance of distance coach Sue Addison.

Jim Long
Assistant Coach
 (Florida State '70)



Jim Long brings a lengthy track background to his 14th 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



Florida State's throwing crew (left to right) Kari Kieth, Candy Odom, Kim Mann and Rosa Dias, will be guided by newcomer Pat O'Connor with assistance from volunteer Solvey Watson. Both are former All-Americans.

track coach at Tallahassee Leon High School.

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 19 NCAA All-Americans and 18 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.

He and his wife Janis have two sons Justin, 13, and Jarrett, 10.

Age: 39
Years at Florida State: 14
Years of Collegiate Coaching Experience: 14

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

Collegiate Track Experience:
 Florida State-sprints (1966-1970)



Prior to coming to Florida State, O'Conner coached three NCAA Division II All-Americans, including 1987 indoor high jump champion Mark Blahnik and Big 8 high jump champion Jason Dudley. In addition, all throwing event records for both men and women were broken during his tenure at Central Missouri.

As a player, O'Conner walked on at the University of Iowa in 1977 and broke the record in the shot put his junior year. He was a three-year letterman.

O'Conner his wife, Amy, have been married for one year.

Age: 30
Years at Florida State: first
Years of Collegiate Coaching Experience: 8

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)



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



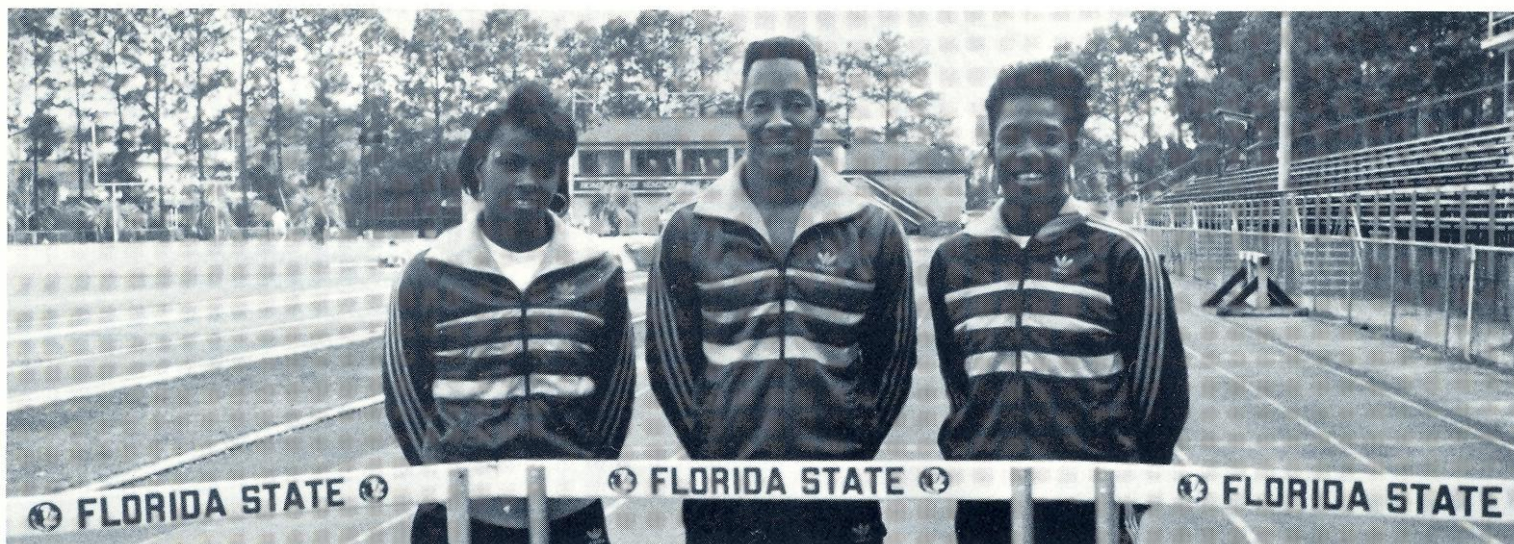
Tom Shaw enters his third year with the Florida State staff in 1990 with added responsibilities. Shaw has served as Home Meet Coordinator for the past two seasons and will continue in that capacity this year. In addition, he will be working with mens and womens sprinters and jumpers as well as assisting recruiting coordinator Pat O'Conner.

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.

Pat O'Conner
Recruiting Coordinator and Throws Coach
 (University of Iowa '81)



A native of New Hampton, Iowa, Pat O'Conner begins his first season with the Seminole coaching staff in 1990, replacing assistant coach William Garrett, who left FSU to enter the field of youth counseling.



Hurdlers Carolyn Hightower, Rodney Lawson and Kim Batten continue to cut their time under the guidance of Jim Long and Kim McKenzie.

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.

Last year, 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. His involvement with recruiting will be even greater in 1990.

Age: 30

Years at Florida State: 3

Collegiate Coaching Experience: 3

Florida State-assistant coach (1988-1989)

Collegiate Track Experience:

Central Michigan-sprint relays (1978-1982)



Kim McKenzie

Graduate Assistant Coach

(Texas El Paso '84)



Kim McKenzie begins her third season on the Florida State staff in 1990. 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.

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: 27

Years at Florida State: 3

Collegiate Coaching Experience: 3

Florida State-Assistant Coach (1987-present)

Collegiate Track Experience:

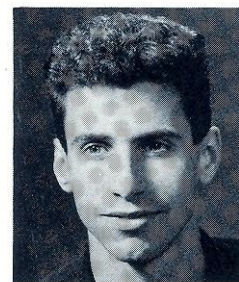
Texas El Paso-sprints, hurdles (1980-1984)



Mike Curcio

Graduate Assistant Coach

(Appalachian State '84)



Mike Curcio begins his second 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 at Appalachian State, Curcio participated on both the track and cross country squads. Curcio then returned to his native New York and headed 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: 24

Years at Florida State: 2

Collegiate Coaching Experience:

Florida State-graduate assistant (1988-present)

Florida State 1990 WOMEN'S OUTLOOK

The 1990 Florida State women's track team may have a better chance than any other Florida State women's team previous in the race for the Metro Conference Championships, this being only the second year women have participated in the conference championship. The team's decorated past filled with national championships, top ten finishes, Olympians and NCAA, American and world champions pushes today's female athletes to strive even harder for that Metro crown and perhaps even another national championship.

Are those championships too much to ask? With this squad full of returning juniors and seniors backed up by some very strong and promising young sophomores and freshmen, maybe not. Returning to the squad this season are All-Americans Kim Batten and Lisa Horton; in addition to strong returnees Sonya Blades, Rosa

Diaz and Carrie Boyd. Also becoming integral members of the team are freshmen indoor All-Americans Trinette Johnson and Patrice Verdun and TAC All-American Candi Odom. With a roster packed with this much NCAA quality talent, this 1990 squad will definitely rival any top five squad in the nation. According to Coach Long, "The women's program is in excellent shape. They're a small team, with not a lot of depth, but they're a very elite squad. The main difference between the men's and women's teams is the women's ability to win the national championship." Maybe those two championships are not too much to ask.

Leading the way for the women is junior All-American Kim Batten. Of Batten, Coach Long says, "In the past, Kim has qualified for the NCAA meet in the 100 and 400 meter hurdles and the long jump and triple jumps. If the 4x100 meter relay team qualifies, she could run five events at the NCAA meet this year." That 4x100 meter

relay team, loaded down with All-Americans, should definitely prove to be one the best in the country.

An area that looks especially strong for the women is the field events. Junior All-American Holly Kelly should continue her NCAA quality performances in the high jump, and senior All-American Kari Keith could be in contention for the national title in the javelin this season. Junior Rosa Diaz should also meet NCAA standards this year in the javelin.

Additionally, the women boast four heptathletes this year in Diaz, Kim Mann, Candi Odom and Carmellia Shivers, a junior-college transfer from Florida Community College in Jacksonville, all some of the finest multi-event athletes in the country.

Sprints - Sprinters are in good shape this year led by senior All-American Lisa Horton. A key member in the sprint relays, Horton will also run the 100 and 200 meter dashes and has an excellent chance of meeting NCAA qualifications.



Kim Batten, considered one of the top hurdlers in the country, will once again lead the hurdles.



Newcomers Patrice Verdun and Trinette Johnson were indoor All-Americans and promise to be among the best ever at Florida State.

Candi Odom should continue to bring in excellent marks as well, and Anundrea Lyons will be counted on for strength in the 400 meter dash and 4x400 meter relays. Adding to these experienced speedsters are that talented duo of All-American freshmen, Trinette Johnson and Patrick Verdun.

Hurdles -- Once again, the strongest spot on the hurdlers' team is Kim Batten. Considered to be one of the top hurdlers in the country in both the 100 and 400 meter races, Batten has been a consistent All-American and NCAA qualifier. She should prove to continue that status this season.

Another strong point on the hurdlers roster is Carmellia Shivers, who could quickly prove to be one of the best athletes on the squad. Shivers should be a big contributor in the intermediate hurdles where she feels most comfortable.

Candi Odom is proving to be an outstanding hurdler as well, and Kim Mann and Rosa Diaz will be counted on as back up.

Middle and Long Distance -- Coaches have high hopes for the distance events. The 3,200 meter relay team of seniors Carrie Boyd and Angela Harris and freshmen Tracy Howze and Karia Severs shows strong national championship potential, and all other events look promising as well. According to Coach Long, "We're looking for good things from our middle distance people. Leading the way will be Carrie Boyd in the 1,500 and 3,000 meters. She'll team up with Angela Harris and Karia Severs, who will run the 800 meters, and freshman Tracy Howze, who will run the 1,500 and 3,000 and the 5,000 meter events." Howze will try to replace Sharon Farrell this year in the 3,000 meter event and coaches expect her to handle that task well.

Last season, Farrell successfully overcame injury to remain in the top three distance runners and Angela Harris has made great gains to reach that top three; both Farrell and Harris made the All-Conference team in 1989. Harris was fastest in the 800 last year and should continue in that capacity in 1990 along with participating in the 4x400 relay event.

Jumps -- Led by returnees Sonja Blades, Kim Batten, Holly Kelly and Carmellia Shivers, jumping events are also in good shape for the 1990 season. Blades and Batten have been consistent NCAA qualifiers in the long and triple jumps and should also continue that tradition this season. Blades is an excellent leader and is proving to be a great help in the

development of the freshmen members of the squad, and Batten has already met the indoor NCAA qualifications and earned the Metro title.

Junior All-American Holly Kelly continues to dominate in the high jump and should continue to meet NCAA qualifications. Her highest jump stands at 6-1 1/4, and with a little improvement, she could gain the national title. Shivers will also contribute to the high jump event with a best mark of 5-8.

Candi Odom and Trinette Johnson will add depth to the jumps roster, both in the long jump.

Throws -- A small contingent of talented athletes will execute throws for the Seminoles. The trio of Rosa Diaz, Kari Keith and Tanya Granneman should prove to be tough competition in their events. In the javelin, Diaz should meet NCAA qualifications, the javelin being one of the heptathlete's better events. Keith has continually been an NCAA

national collegiate levels will find it, as will those more sited to regional competitions.

Florida State plays host to several women's track events in 1990, including the annual FSU Relays March 21-24. Other important meets for the Lady Noles include the scored Florida-Kansas-North Carolina meet in Gainesville, March 30-31, the Sun Angel Classic in Phoenix, April 7, the Mt. San Antonio Relays in Los Angeles, April 14 and the Gatorade Track Classic in Knoxville, TN, May 4-5.

All of the meets will help athletes improve and develop on the way to one of the biggest meets of the season -- the Metro Conference Championships. Florida State plays host this year and should see some of its toughest competition of the season at the conference meet, May 17-19. Lastly, Florida State hopes to see itself represented well in Durham, North Carolina, for the NCAA Championships held May 30-June 2 at Duke University.



All-American in the javelin and should continue on that track, especially now that her softball eligibility is up and she will be devoting the whole season to track.

Grannemann will be counted on in the shot put and discus events. A very competitive athlete, she is showing great potential and should improve with experience.

Schedule -- Florida State coaches emphasize the individual when engineering their schedule. Thus, FSU athletes may be going in four different directions on any one weekend. The schedule is tailored to each individual's needs so athletes who can compete on the highest

If this women's team lives up to its potential, Florida State just may see another strong NCAA Championship showing, but before that, they must prove themselves at the Metro meet. With a squad stacked full of All-American talent, those challenges should be met with vigor and endurance. And although the squad is small, it is strong. With confidence in themselves and their abilities, these women stand a chance to rank among Florida State University's finest track teams.

Florida State

LADY SEMINOLE PROFILES



**KIM
BATTEN**

Junior
Rochester, NY

100H (13.50) 400 IH (57.68), TJ (41-10) LJ (20-7)—After another great season, coaches feel Kim can qualify in four events this year ... already garnered two-All-American honors ... placed fifth in the triple jump at the NCAA indoor meet ... led in her specialty, the 55m Hurdles, before crashing into the fourth barrier at the NCAA indoor meet ... unquestionably one of the finest to ever attend FSU ... **1989:** Earned her second trip to the NCAA Outdoor Championships at the Sun Angels Relays, where she jumped 6.34 ... named Metro's most outstanding women's athlete after winning the 100m Hurdles, 400IH, and the Triple Jump ... **1988:** After qualifying (41-10 1/4) for the indoor NCAA Championships at the Florida All-Comers Meet, she did not surpass that mark during the outdoor season ... her best outdoor mark came at the Seminole Twilight with a leap of 41-8 1/2 ... with the indoor qualification, she automatically received an invitation to the outdoor championships ... diversified into the 400m Hurdles and found early success in that event ... cruised to a 1:00.57 at the Florida Tri-Meet to surpass NCAA standards ... became only the second lady Seminole (Esmeralda Garcia is the other) to qualify in both a field and sprint event ... failed to score at the Indoor and Outdoor National Championships ... **Prep:** Despite turning in the third best leap in the nation in the triple jump (40-6), Kim went relatively unrecruited ... that performance came some time after the early signing date for spring sports ... her coach, Betty Rich, who also coached FSU sprinter Lisa Horton, called FSU and Batten was offered a scholarship ... part of FSU's most heralded recruiting class since 1980 ... **Personal:** Enrolled in FSU's basic studies program ... born March 2, 1969.



**SONYA
BLADES**

Senior
Ft. Lauderdale, FL

LJ (21-8) TJ (35-3)—Will again compliment NCAA qualifier Kim Batten in the horizontal jumps ... made the finals at the NCAA Indoor Championships and finished ninth in the long jump ... **1989:** Placed fourth in the 100m Hurdles and second in the triple jump at the Metro meet ... **1988:** Best meet of the year came at the Florida Tri-Meet in Gainesville where she leaped 18-4 in the long jump ... her top mark in the triple jump came two weeks earlier at the Georgia Open ... **1987:** Displayed potential early in the indoor season at the Florida All-Comers meet, where she jumped 17-11 3/4 in the long jump ... returned in the outdoor season to jump 18-8 1/2 at the Tampa Track Classic and 18-7 1/4 at the Eastern Airlines Invitational ... **Prep:** A two-time runner-up at the state track meet ... as a senior, she was named the most valuable runner at Piper High ... an honor student ... **Personal:** Majoring in Business Management ... born May 15, 1968 ... her brothers Brian (Seattle Seahawks) and Bennie (Detroit Lions) are both starters in the NFL ... an excellent student, she carried a grade point average above 3.3.



**CARRIE
BOYD**

Senior
Garland, TX

800 (2:13.17), 1,500 (4:29.19)—Returns as FSU's ace in the 800, 1,500 and 3,000 meter events ... was the 1989 Metro Champion in cross country ... turned in a splendid cross country season, including first place finishes at the FSU Invitational and the Florida Invitational ... earned her first All-American honor at the NCAA Indoor meet as part of the sixth place two-mile relay tandem ... should make a strong run at qualifying for the NCAA

Championships, as her personal bests are not far off the standards ... **1989:** Claimed the Metro 1,500m title with a 4:34.16 ... **1988:** Ran the squad's top time (2:13.17) of the year in the 800 at the Georgia Open and 1,500 (4:29.19) at the Florida Tri-Meet ... turned in one of the best cross country performances of the decade by winning both the Seminole and Clemson Invitationals ... at the Seminole, she ran 17:36 to out-distance the second place finisher by 20 seconds ... also set the course record to win the Clemson Invitational ... **1987:** Finished in the top five in all five cross country meets she ran ... finished second at the Florida State Invitational with a time of 17:56 ... returned the following week to finish first in the Florida State-Georgia dual meet ... top performance of the year came at the Carolina Invitational when set a course record of 17:43 on the way to winning the mee5A Texas State Crowns at L.U. Berkner High School ... also turned in a second place finish in the state cross country championship ... finis of the year came at the Carolina Invitational when set a course record of 17:43 on the way to winning the mee5A Texas State Crowns at L.U. Berkner High School ... also turned in a second place finish in the state cross country championship ... finished third at the TAC cross country nationals ... a seven-time letterwinner in high school ... **Personal:** Majoring in physical education/physical rehabilitation ... born October 29, 1967.



**ROSA
DIAZ**

Junior
Miami, FL

JAV (146-0)—Coaches feel her improvement should find her near NCAA qualifying levels ... has looked real well in early competition under the watchful eye of Solvey Watson ... has good techniques and is improving physically ... **1989:** Showed marked improvement during the indoor season after a knee injury limited her action on the track her freshman season ... **1988:** Won the Eastern Airlines Invitational

Championship in the javelin with a throw of 134-1 ... showed great promise in the throwing events as a freshman and earned an invitational to the Olympic Development Camp ... improved throughout the season under the tutelage of FSU assistant Dennis Nobles ... in her first collegiate meet, the FSU Relays, she posted a 120-5 effort in the javelin ... came back just one month later to better that mark (129-1) by almost three meters at the Florida Tri-Meet ... **Prep:** Ran for John Hammonree at Miami Sunset High ... **Personal:** Enrolled in FSU's undergraduate studies program ... born September 8, 1965.



CAROLYN HIGHTOWER

Junior
Orlando, FL

100 HH (1-26)—Carolyn will red-shirt this year to overcome some nagging injuries ... coaches feel she can come back strong next year and challenge NCAA standards ... placed second in the 100m Dash and 100 Hurdles at the Metro Conference meet ... **1988:** Showed flashes of brilliance when she was not injured during the indoor and outdoor seasons ... cruised to a team best of 7.92 in the 55 meter hurdles at the Florida Fast Times meet in Florida's O'Connell Center ... injured most of the outdoor season ... just missed the NCAA standard with a 14.26 in the 100 hurdles as she tried to comeback late in the season ... **1987:** Saw a tremendous freshman season cut short due to injuries ... jumped 18-10 at the Florida State-Tenneco Relays ... **Prep:** Won the state long jump championship as a sophomore at Evans High School ... a 12 time letterwinner, Hightower was hampered by injuries much of her career ... **Personal:** Majoring in accounting ... born December 24, 1967.



TONYA GRANNEMAN

Sophomore
Pompano Beach, FL

SP (35-8) DI (139-4)—Has the size and power necessary to succeed and will gain valuable experience and maturity as she improves ... **1989:** Placed second at the Metro meet in the shot put and the discus ... had team bests in the shot and discus ... **Prep: Personal:** Enrolled in FSU's undergraduate program ... born July 27, 1970



ANGELA HARRIS

Sophomore
Orange Park, FL

400 (56.1)—Turned in a fine indoor season after gaining valuable experience as a freshman last year ... earned an All-American certificate after running with the sixth place two-mile relay team at the NCAA Indoor Championships earlier this year ... versatility allows her to run distances up to 800 meters ... **1989:** Placed second at the Metro meet in the 800m Run with a 2:12.68 ... also competed in the 400m during the season ... **Prep:** Captured the state 4A 400 meter championship as a senior, running a 56.1 ... highly recruited, she chose FSU over a number of schools ... coached by Terry Smith at Orange Park High ... the 1988 Golden South 400 meter medalist ... **Personal:** Enrolled in FSU's undergraduate studies ... born December 1, 1970.



LISA HORTON

Senior
Rochester, NY

100 (11.80), 200 (23.6)—Lisa will anchor the sprint core for the Lady Seminoles in 1990 and should challenge NCAA standards ... will also head FSU's two relay entries ... **1989:** Came into her own in 1989 after spending most of her career learning from sprinting stars Michelle Finn, Andrea Thompson and Janet Davis, all multi-time All-Americans ... won the 100 (11.93) and 200 (23.80) meter trials at the Metro Championships ... lead the Lady Seminoles to the relay championships as well ... **1988:** Posted FSU's top time in the 200 meters, racing to a 23.6 in the finals of the Eastern Airlines Invitational on April 23 ... ran a personal best 11.80 in the 100

meters ... gained invaluable experience as a member of FSU's 400 meter relay that qualified for the NCAA Championships ... the team of Horton, Thompson, Janet Davis and Andrea Curry qualified at the 4/2 relays ... ran the first leg of FSU's 1,600 meter relay which also qualified for the nationals ... turned in a promising freshman campaign ... spent the year increasing her strength ... ran on FSU's 400 meter relay at the Tampa Track Classic ... that time took first place on the way to a NCAA qualifying 44.65 ... **1987:** Ran an impressive 23.82 time in the 200 meters at the Griffin Invitational ... that time was just 1/5 of a second off the NCAA mark of 23.3 ... also ran 14.18 and 24.34, respectively at the Eastern Airlines Invitational and Florida Relays ... Lisa ran a 12.04 in the Eastern Invitational 100 ... **Prep:** A heavily recruited sprinter at East Rochester High ... coached by Betty Rich ... high school teammate of FSU triple jump Kim Batten ... **Personal:** A human resource management major ... born April 1, 1968.



TRINETTE JOHNSON

Freshman
Detroit, MI

100 (12.10) 200 (25.33) LJ (20-6)—Enters the outdoor season with confidence after qualifying for the NCAA Indoor Championship as a freshman ... though she failed to make the final, Trinette was the only freshman to make the field in the long jump ... **Prep:** An All-American and all-state performer in the 100 meters from Cass Tech High School in Detroit ... **Personal:** Enrolled in FSU's undergraduate studies program.



KARI KEITH

Senior
Ft. Lauderdale, FL

JAV (174-10)—Will concentrate on the javelin full time this season as her softball eligibility has expired ... **1989:** Qualified for the Outdoor Nationals in her only meet of the season when she threw 52.36 at the Seminole Twilight Invitational ... didn't compete with the FSU track team during the regular

season as she was starting for the Lady Seminoles softball team. Hit .208 with two home runs as the left fielder for the 39-12 squad who reached the NCAA Regionals ... **1987:** Set the FSU school record in the javelin toss of 172 1/2 feet as a freshman ... **Personal:** One of the most versatile athletes in FSU history.



HOLLY KELLY

Junior
Miami, FL

HJ (6-1 1/4)—One of the premier high jumpers in the country, Holly has already been to the NCAA Outdoor Championships twice ... was the top point getter for the Lady Seminoles at the Indoor Championships this season after jumping a PR 6-75 for fourth place and All-American status ... will make a return trip to the outdoor meet this season, having qualified during the indoor season ... **1989:** Made her second trip to the NCAA Outdoor Championships in as many seasons ... qualified for the NCAA's with a jump of 5-11 at the Lady Seminole Invitational ... won the Metro Conference title with a leap of 5-6 ... took first place in five of the seven outdoor meets and finished no lower than third in the other two ... won the Cougar Invitational held in Provo, UT with a leap of 5-10 ... placed third at the prestigious Sun Angel Relays ... **1988:** Made her breakthrough at the Orlando Classic, clearing 5-10 1/2 to take first place ... also won the Eastern Airlines Invitational, jumping 5-8 to win by two inches ... medalist at the Seminole Twilight with a 5-10 3/4 effort ... **Prep:** A high school All-American who was one of the most coveted signees in the history of the state ... surpassed NCAA qualifying standard while at Palmetto High ... finished ninth in the voting for Track and Field News High School Athlete-of-the-Year ... ranks seventh on the all time national high school list ... consistent performer who cleared 5-10 in the five meets in '87 ... finished her senior campaign as the top ranked high jumper in the nation, clearing 6-1 1/4 ... that mark also set the state record ... national runner-up at the 1986 outdoor championships ... made several national teams, including the '86 Pan Am Junior and '86 World Junior Championship teams ... a three-time all state selection ... **Personal:** Born December 26, 1968.



AUNDREA LYONS

Sophomore
Gahanna, GA

200 (24.75), 400 (51.61)—Returns after a fabulous freshman campaign that saw her claim three championship ribbons at the conference championships ... **1989:** The Metro Champion in the 400m Dash with a 51.61, a season best ... ran with both Metro relay winners as a freshman in 1989 ... also finished second in the 200m Dash with a 25.21 ... **Prep:** Came to FSU from Lincoln High School, where she was coached by Roger Whitaker ... at Lincoln, she ran PRs of 24.75 and 55.3 in the 200 and 400 meter events, respectively ... **Personal:** Enrolled in FSU's undergraduate studies program...born March 27, 1970.



KIM MANN

Freshman
Greenacres City, FL

A talented versatile athlete, Kim could become FSU's best heptathlete before her career is over...**Prep:** finished second in the 330 yd. hurdles and third in the 110 yd. hurdles at the FSU relays a year ago ... **Personal:** Enrolled in FSU's undergraduate studies program.



CANDI ODOM

Sophomore
Delray Beach, FL

LJ (18-10 1/2)—As the most heralded recruit in this year's freshman class, Candi is expected to have an impact as a freshman ... won the National Junior Olympics and finished second at the TAC National Junior Meet in the heptathlon ... of the five events, the shot and 800 are her best ... will see action in the heptathlon early in the outdoor season on March 18-19 in the FSU Relays ... is eligible to make a return appearance at the Junior National meet due to her age ... highly recruited, she chose FSU over a number of schools, including Florida and Auburn ... **Personal:** Enrolled in FSU's Basic Studies program ... born November 30, 1970.



KARLA SEVERS

Freshman
Titusville, FL

800 (2:13.4)—Has already proved her value by helping FSU's cross country team to a second place finish in '89 ... will be relied upon to add depth to the middle distance crew ... ran with 3200 Meter Relay squad that finished sixth at the Indoor Championship this year ... ran a 2:05 relay at the nationals ... impressed coaches who feel she has great potential ... **Prep:** The class 3A runner up at the state cross country championships ... led Florida in the 800 meters ... **Personal:** Enrolled in FSU's undergraduate studies program.



CARPELLIA SHIVERS

Junior
Titusville, FL

110 HH (13.97) 400 IH (1:00.96) HJ (5-8)—A consistently improving hurdler, Shivers should make her strongest contribution in the intermediate hurdles ... will also contribute in the high jump ... a junior college transfer, Shivers also is a strong heptathlete ... **JUCO:** Was a national champion at Florida CC under Larry Monts ... also team MVP ... **Prep:** Most valuable trackster at Astronaut HS ... **Personal:** A biology major ... born September 9, 1968.



PATRICE VERDUN

Freshman
Flint, MI

100 (11.63) 200 (24.2)—Brings outstanding credentials into her freshman season at FSU ...already an indoor All-American selection, placing sixth in the 200 meters ... an experienced sprinter, Verdun will help solidify the relays as well ... **Prep:** Earned All-American honors at Flint Central HS ... placed fifth at the junior nationals in the 200 meters ... **Personal:** Plans to major in bio-chemistry ... born June 6, 1971.

Florida State WOMEN'S TRACK TRADITION

The Lady Seminole National Champions

Tradition. Few women's track programs across the country can claim a tradition as rich and deep as Florida State's. In just over 11 years of existence, the Lady Seminoles have earned a pair of national championships and seven Top 10 finishes. In addition, FSU student-athletes have won over 110 All-American awards at the NCAA Indoor and Outdoor Championships. These successes are virtually unmatched by any other women's track team.

The 1989 season saw Florida State reach yet another milestone. The Lady Seminoles captured the first ever women's Metro Conference Track and Field Championships in run away fashion, continuing the rapid success of their short history.

Over the years, nobody has done it better than the Lady Seminole track teams. Here's the proof.

June 6, 1981 and May 29, 1982 —

The Lady Seminoles burst onto the national scene with a pair of third place outdoor finishes in 1981 and 1982. Those finishes were the start of a string of six Top 10 finishes in seven years. Florida State gave notice to the collegiate track world, quietly but emphatically, that it had arrived.

June 4, 1983 — Powered by a pair of record setting relays, the Lady Seminoles finished second at the NCAA Championships in Houston, Texas. The record setting began with the 1600 meter relay as the FSU foursome of Angela Wright, Brenda Cliette, Marita Payne and Randy Givens ran 3:28.46 to establish a new mark. The next day, the same group established a new collegiate record in the 400 meter relay (42.94) to win their second title. Both records still stand today.

June 2, 1984 — FSU's best outdoor performance occurred in 1984 when the Tribe scored 145 points in 11 events to defeat runnerup Tennessee by 21 points. The Lady Seminoles dominated the sprints and relays again as the quartet of Michelle Finn, Payne, Cliette and Givens defended both the 400 and 1600 relay titles. In the 100, with FSU runners in lanes 4-5-6, Olympian Givens used a strong finish to win the event going away. Cliette came in second with Finn fourth. FSU's

finish in the 200 was more impressive as the team picked up 48 points via a 1-2-3-6-9 finish by Givens, Cliette, Payne, Finn and Davis. Givens win capped a remarkable weekend for the 18-time All-American as she claimed four national titles. Teammate Payne, a 21-time All-American, also won the 400 in a time of 49.91 to smash the NCAA record and lead her to the 1984 Summer Olympics. Her time still stands.

March 5, 1985 — Although few predicted FSU could continue its success after the graduation of Payne and Givens, the Lady Seminoles proved them wrong by taking the 1985 NCAA Indoor Championship. Sophomore Finn, one of the remaining members of possibly the greatest sprint team ever assembled on the collegiate level, surprised the nation with a victory in the 55 meters to vault Florida State to the title. Triple jumper Esmeralda Garcia's victory also proved crucial.

May 31, 1985 — Florida State silenced the critics and proved absolutely that they intended to stay on top of the track world with a runner-up finish at the NCAA Outdoor Championships. Finn led the way once again, winning the 100 and taking second in the 200. Garcia won the triple jump, took third in the long jump and finished fifth in the 100.

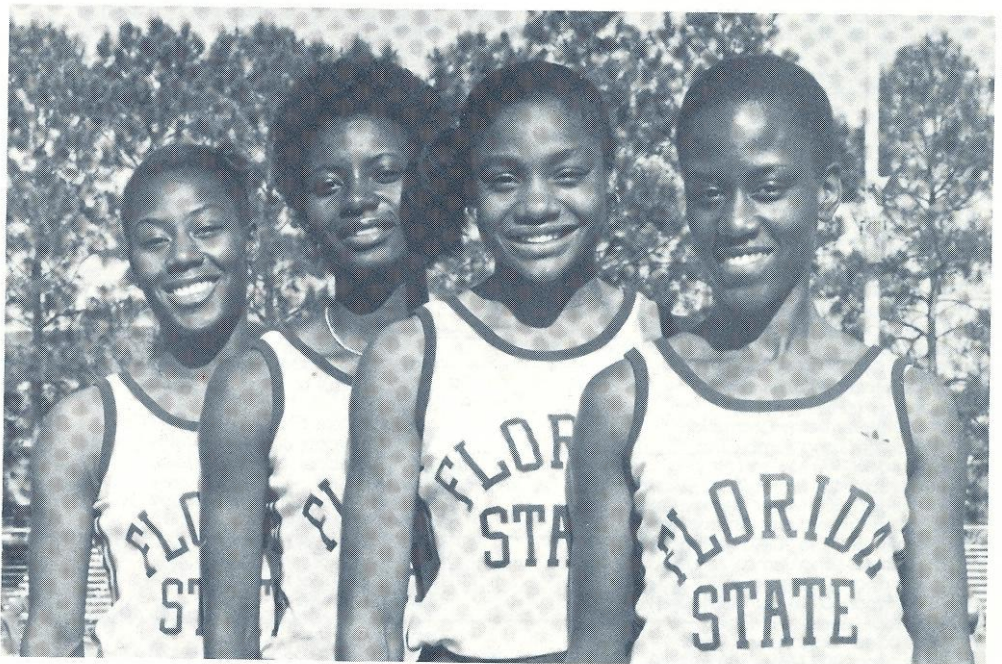
March 15 and June 7, 1986 — Although labeled a "rebuilding"

season, the Lady Seminoles rebounded to claim 6th and 14th place at the NCAA Indoor and Outdoor Championships, respectively. It foreshadowed good performances to come under first-year head coach Terry Long.

June 6, 1987 — The highlight of the 1987 season was the performance of FSU's fabulous 400 meter relay team. Throughout the year, Janet Levy, Andrea Thomas, Janet Davis and Finn were unbeatable in their specialty. Finn completed a sparkling collegiate career with another national championship relay as she anchored the team to a 43.19 time, the fastest time by a non-national team consisting of entirely American athletes. The win gave the Lady Seminoles a 10th place team finish.

May 13, 1989 — Florida State writes another chapter to its long tradition of women's track as the Lady Seminoles capture the first Metro Conference Women's Track and Field Championship in Columbia, S.C. Kim Batten leads the way as she is named the Most Outstanding Female Athlete at the meet and FSU runs away from the competition, outdistancing the nearest challenger by 150 points. Terry Long was named Coach of the Year.

While continuing the tradition with another record setting indoor season, FSU aims to carry on the newest prize in its past, the Metro Conference crown, this May in Tallahassee.



In 1984, the Florida State foursome of Michelle Finn, Randy Givens, Brenda Cliette and Marita Payne, won both the 400 and the 1600 meter titles to power FSU to its first outdoor national title.

FLORIDA STATE NCAA ALL-AMERICANS

WOMEN'S TRACK & FIELD/CROSS COUNTRY

DARIEN ANDREU

- 1981 Cross Country
- 1981 Indoor 5,000 Meters (5th)

KIM BATTEN

- 1989 Indoor Triple Jump (5th)
- 1990 Indoor Triple Jump (5th)

ALICE BENNETT

- 1981 Indoor Long Jump (4th)
- 1981 Indoor 800 Meter Relay Champion
- 1981 Outdoor 400 Meter Relay Champion
- 1981 Outdoor 400 Meter Medley Relay
- 1982 Indoor 880 Yard Relay (2nd)
- 1982 Outdoor Long Jump (8th)
- 1982 Outdoor 400 Meter Relay (2nd)

CARLA BOROVIKA

- 1982 Indoor Two-Mile Relay Champion
- 1984 Indoor 1,500 Meters (6th)

CARRIE BOYD

- 1990 Indoor Two Mile Relay (6th)

TONJA BROWN

- 1982 Indoor 60-Yard Hurdles (7th)
- 1982 Indoor Mile Relay (6th)
- 1982 Outdoor 100 Meter Hurdles (4th)
- 1982 Outdoor 400 Meter Hurdles Champion

OVRILL DWYER-BROWN

- 1982 Indoor 600 Yard Run (5th)
- 1982 Indoor Two Mile Relay Champion
- 1982 Indoor Mile Relay (6th)
- 1982 Outdoor 1,600 Meter Relay (2nd)
- 1983 Outdoor 400 Meter Hurdles (8th)
- 1984 Indoor 1,600 Meter Relay (2nd)
- 1984 Outdoor 400 Meter Hurdles (6th)

BRENDA CLIETTE

- 1983 Outdoor 100 Meters (3rd)
- 1983 Outdoor 200 Meters (4th)
- 1983 Outdoor 400 Meter Relay Champion
- 1983 Outdoor 1,600 Meter Relay Champion
- 1984 Indoor 1,600 Meter Relay (2nd)
- 1984 Outdoor 100 Meters (2nd)
- 1984 Outdoor 200 Meters (2nd)
- 1984 Outdoor 400 Meter Relay Champion
- 1984 Outdoor Mile Relay Champion

MARGARET COOMER

- 1981 Indoor 1,000 Meters (3rd)
- 1982 Indoor 1,000 Yards (8th)
- 1982 Indoor Two Mile Relay Champion
- 1982 Outdoor 1,500 Meters (7th)
- 1984 Indoor 1,500 Meters (5th)

JANET DAVIS

- 1984 Indoor 1,600 Meter Relay (2nd)
- 1984 Outdoor 200 Meters (6th)
- 1984 Outdoor Mile Relay Champion
- 1987 Outdoor 400 Meters (5th)
- 1987 Outdoor 400 Meter Relay Champion

CAROLYN FAISON

- 1982 Indoor 60 Yard Hurdles (6th)

MICHELLE FINN

- 1984 Indoor 55 Meters (4th)
- 1984 Outdoor 100 Meters (4th)
- 1984 Outdoor 400 Meter Relay Champion
- 1985 Indoor 55 Meters Champion
- 1985 Outdoor 100 Meters Champion
- 1985 Outdoor 200 Meters (2nd)
- 1985 Outdoor 400 Meter Relay (3rd)
- 1986 Indoor 55 Meters (2nd)
- 1986 Outdoor 100 Meters (5th)
- 1986 Outdoor 200 Meters (7th)
- 1986 Outdoor 400 Meter Relay (5th)
- 1987 Indoor 55 Meters (2nd)
- 1987 Outdoor 100 Meters (4th)
- 1987 Outdoor 200 Meters (6th)
- 1987 Outdoor 400 Meter Relay Champion

ESMERALDA GARCIA

- 1981 Indoor Long Jump (2nd)
- 1981 Indoor 60 Meters (2nd)
- 1981 800 Meter Relay Champion
- 1981 Outdoor Long Jump (2nd)
- 1981 Outdoor 100 Meters (5th)
- 1981 Outdoor 400 Meter Relay Champion
- 1981 Outdoor 800 Meter Medley Relay (6th)
- 1985 Indoor Triple Jump Champion
- 1985 Outdoor Triple Jump Champion
- 1985 Outdoor Long Jump (2nd)
- 1985 Outdoor 100 Meters (5th)
- 1985 Outdoor 400 Meter Relay (3rd)
- 1986 Indoor Long Jump (2nd)
- 1986 Outdoor Triple Jump (2nd)
- 1986 Outdoor 400 Meter Relay (5th)



Marita Payne was a 21 time All-American at Florida State from 1981-84.

RANDY GIVENS

- 1981 Indoor 800 Meter Relay Champion
- 1981 Outdoor 200 Meters (3rd)
- 1981 Outdoor 400 Meter Relay Champion
- 1981 Outdoor 800 Meter Medley Relay (6th)
- 1982 Indoor 300 Yard Dash (2nd)
- 1982 Indoor 880 Yard Relay (2nd)
- 1982 Outdoor 100 Meters (7th)
- 1982 Outdoor 200 Meters (3rd)
- 1982 Outdoor 400 Meter Relay (2nd)
- 1982 Outdoor 1,600 Meter Relay (2nd)
- 1983 Outdoor 100 Meters (6th)
- 1983 Outdoor 200 Meters (3rd)
- 1983 Outdoor 400 Meter Relay Champion
- 1983 Outdoor 1,600 Meter Relay Champion
- 1984 Outdoor 100 Meters Champion
- 1984 Outdoor 200 Meters Champion
- 1984 Outdoor 400 Meter Relay Champion
- 1984 Outdoor Mile Relay Champion

SCOOBY GOLDEN

- 1981 Indoor 1,600 Meter Relay (4th)
- 1981 Outdoor 1,600 Meter Relay (4th)
- 1982 Indoor Mile Relay (6th)

KELLY HACKLER

- 1984 Indoor 800 Meter Relay (4th)
- 1985 Indoor 3,200 Meter Relay (5th)

ANGELA HARRIS

- 1990 Indoor Two Mile Relay (6th)

TRACY HOWZE

- 1990 Indoor Two Mile Relay (6th)

KARI KEITH

- 1990 Outdoor Javelin

HOLLY KELLY

- 1990 Indoor High Jump (4th)

TRINETTE JOHNSON

- 1990 Indoor Long Jump (6th)

JANET LEVY

- 1984 Indoor 1,600 Meter Relay (2nd)
- 1984 Outdoor 400 Meter Relay (3rd)
- 1987 Outdoor 400 Meter Relay Champion

CHRIS MCKAY

- 1985 Indoor 3,200 Meter Relay (5th)

WENDY MARKHAM

- 1982 Outdoor High Jump (tie 5th)
- 1983 Indoor High Jump (3rd)
- 1983 Outdoor High Jump (2nd)

BRENDA MOORE

- 1985 Indoor 3,200 Meter Relay (5th)

DEBBIE MOORE

- 1981 Indoor 1,600 Meter Relay (4th)

KIM PARRISH

- 1982 Indoor 880 Yard Relay (2nd)

MARITA PAYNE

- 1981 Indoor 800 Meter Relay Champion
- 1981 Indoor 1,600 Meter Relay (4th)
- 1981 Outdoor 400 Meters (2nd)
- 1981 Outdoor 400 Meter Relay Champion
- 1981 Outdoor 1,600 Meter Relay (4th)
- 1981 Outdoor 800 Meter Medley Relay (6th)
- 1982 Indoor 60 Yard Dash (7th)
- 1982 Indoor 300 Yard Dash (4th)
- 1982 Indoor 880 Yard Relay (2nd)
- 1982 Outdoor 200 Meters (4th)
- 1982 Outdoor 400 Meters Champion
- 1982 Outdoor 400 Meter Relay (2nd)
- 1982 Outdoor 1,600 Meter Relay (2nd)
- 1983 Outdoor 200 Meters (6th)
- 1983 Outdoor 400 Meters (5th)
- 1983 Outdoor 400 Meter Relay Champion
- 1983 Outdoor 1,600 Meter Relay Champion
- 1984 Outdoor 200 Meters (3rd)
- 1984 Outdoor 400 Meters Champion
- 1984 Outdoor 400 Meter Relay Champion
- 1984 Outdoor Mile Relay Champion

NANCY RETTIE

- 1985 Indoor 1,000 Meters (3rd)
- 1985 Indoor 3,200 Meter Relay (5th)

ANDREA THOMPSON

- 1985 Outdoor 400 Meter Relay (3rd)
- 1987 Outdoor 400 Meter Relay Champion

PATRICE VERDUN

- 1990 Indoor 200 Meters (6th)

JANETTE WOOD

- 1981 Outdoor 1,600 Meter Relay (4th)
- 1982 Indoor Two Mile Relay Champion

ANGELA WRIGHT

- 1981 Indoor 400 Meters (4th)
- 1981 Indoor 1,600 Meter Relay (4th)
- 1981 Outdoor 400 Meters (6th)
- 1981 Outdoor 1,600 Meter Relay (4th)
- 1982 Indoor 440 Yards (6th)
- 1982 Indoor Mile Relay (6th)
- 1982 Outdoor 400 Meters (7th)
- 1982 Outdoor 400 Meter Relay (2nd)
- 1982 Outdoor 1,600 Meter Relay (2nd)
- 1983 Outdoor 400 Meter Hurdles (3rd)
- 1983 Outdoor 400 Meter Relay Champion
- 1983 Outdoor 1,600 Meter Relay Champion

Florida State

LADY SEMINOLE RECORDS

EVENT	FSU OUTDOOR RECORD	MIKE LONG TRACK RECORD	METRO CONFERENCE RECORD	COLLEGIATE RECORD
100 Meter Dash	11.20 Michelle Finn 1986	11.27 Randy Givens Florida State 1984	11.93 Lisa Horton Florida State 1989	10.78 Dawn Sowell LSU 1989
200 Meter Dash	22.31 Randy Givens 1983	23.08 Pauline Davis Alabama 1986	23.80 Lisa Horton Florida State 1989	22.04 Dawn Sowell LSU 1989
400 Meter Dash	49.91 Marita Payne 1984	52.37 Janet Davis Florida State 1987	51.61 Andy Lyons Florida State 1989	49.91 Marita Payne-Wiggins FSU 1984
800 Meter Run	2:04.6 Ovill Dwyer-Brown 1982	2:03.8 Linda Detlefsen Athletics West 1986	2:10.28 Shannon Wynot South Carolina 1989	1:58.33 Claudette Groenendaal Oregon 1985
1500 Meter Run	4:18.56 Nancy Rettie 1985	4:16.42 Evelyn Adlru Alabama 1988	4:34-16 Carrie Boyd Florida State 1989	5:05.88 Leann Warren Oregon 1982
3000 Meter Run	9:22.94 Margaret Coomber 1984	8:47.73 Wendy Sly Great Britain 1984	9:34.93 Gwen Roller Virginia Tech 1989	8:27.35 Vicki Huber Villanova 1988
5000 Meter Run	16.39.4 Darlen Andreu 1981	16.00.68 Patti S. Plumer Puma Track Club 1986	17:24.5 Gwen Roller Virginia Tech 1989	15:07.56 Kathy Branta Wisconsin 1985
10,000 Meter Run	34.42.6 Darlen Andreu Florida State 1981	34.27.75 Kerrie Yenchak Edinboro 1987	37:04.9 Michelle Farrell Florida State 1989	32.28.57 Sylvia Mosqueda Cal State-LA 1988
100 Meter Hurdles	13.42 Tonja Brown 1982	13.00 Pat Davis Mazda Track Club 1988	13.83 Kim Batten Florida State 1989	12.61 Gail Devers UCLA 1988
400 Meter Hurdles	56.46 Tonja Brown 1982	56.08 Angela Wright-Scott Bud Light TC 1984	59.97 Kim Batten Florida State 1989	54.61 Nawal El Moutawakel Iowa State 1984
400 Meter Relay	42.94 Angela Wright, Marita Payne, Brenda Clette, Randy Givens 1983	43.9 Michelle Finn, Marita Payne, Brenda Clette, Randy Givens 1984	45.80 Florida State 1989	42.94 Wright, Payne, Clette, Givens Florida State 1983
1600 Meter Relay	3:28.46 Randy Givens Brenda Clette, Angela Wright, Marita Payne 1983	3:34.07 Janet Levy, Andrea Thompson, Janet Davis, Angela Cury Seminole Twilight 1987	3:55.23 Florida State 1989	3:28.46 Givens, Clette, Wright, Payne, Florida State 1983
Long Jump	21-7 Esmeralda Garcia 1985	21-6 3/4 Esmeralda Garcia Florida State 1986	19-6 1/4 Kim Batten Florida State 1989	23-9 Jackie Joyner UCLA 1985 1987
Triple Jump	44-10 3/4 Esmeralda Garcia 1986	43-6 3/4 Esmeralda Garcia Florida State 1986	40-6 Kim Batten Florida State 1989	45-5 1/4 Sheila Hudson California 1987
High Jump	6-1 1/2 Wendy Markham 1983	6-0 1/2 Bridgette Reid Canada 1984	5-6 Holly Kelly Florida State 1989	6-5 Maryse Ewanje-Epu Arizona 1985
Shot Put	46-10 1/2 Vickie Smith 1977	49-2 Colleen Rosensteel Florida 1988	42-9 1/2 Vicki Stanton Louisville 1989	62-3 3/4 Meg Ritchie Arizona 1983
Discus	148-7 Donna Williams 1984	189-3 Kathy Landry Alabama 1986	114-9 1/2 Pam Clemants Louisville 1989	221-5 Meg Ritchie Arizona 1983
Javelin	172-2 Kari Keith 1987	182-8 Susie Ray Florida 1985	145-6 Rosa Diaz Florida State 1989	211-5 Karin Smith Cal Poly SLO 1981
Heptathlon	5016 Kim Mann Florida State 1990	5245 Nicky Hudson North Carolina 1990	4169 Candi Odom Florida State 1989	6718 Jackie Joyner UCLA 1985

Florida State 1990 MEN'S OUTLOOK

Florida State's 1990 outdoor track season will depend a lot on two factors. Striving for their 14th straight Metro Conference Championship, the Seminoles will field a strong team with exceptional depth, but the two questions that must be answered are whether the inexperienced athletes will excel in FSU's ultra-competitive schedule and whether the Seminole veterans can carry the load until FSU's youth comes through.

No matter the question marks as the season begins, head coach Terry Long is optimistic about the outdoor season at Florida State. "You can see that we are going to have some very fine performers on this team," said Long. "The biggest question is just when will they be seasoned enough to score in our big meets. We've got a lot of depth and very few seniors so we will be young, but talented. We're going to lean on our middle distance runners to lead the team. At least until the younger guys come around."

The Seminole's middle distance crew should be among the strongest positions on the squad. Senior Allen Williams and sophomore Jason Frank return this season, and a trio of highly regarded freshmen have already made believers of the FSU staff. Mark Bednarz will be the man in the 800 and 1,500 meter events for the Tribe along with Hillard Goldsmith, who will see a variety of races in both sprint and middle distances. Robert Circelli is also among FSU's most promising youngsters.

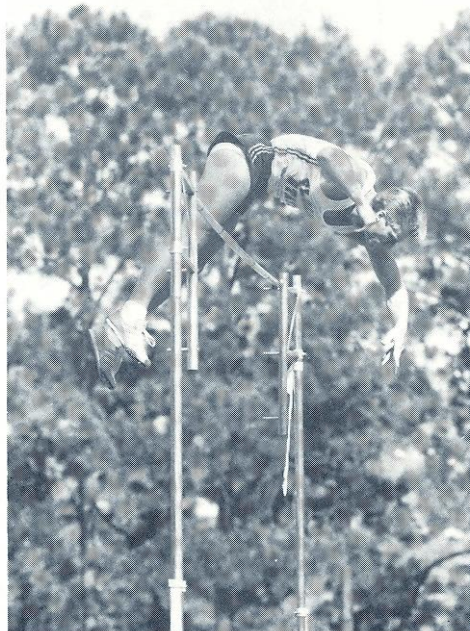
The sprinters will be led by junior Tyrone Bligen. An excellent 400 meter man, Bligen will run several sprints in addition to his work on the Seminole relay teams. Sophomore James Milton and senior Rodney Lawson are working to prove themselves in the 100 and 200 meter sprints. Milton will also be working to defend his Metro Conference long jump title he won as a freshman while Lawson is also expected to set some records in the hurdles.

The Seminole coaching staff is counting on speedster Shannon Baker to score some high marks this season, and newcomer Nehemiah Jefferson will be counted on for depth. Jefferson is already proving to be a much welcomed addition to the Seminole squad.

In addition to this abundance of underclassmen and, although few and far between, several key seniors return to the squad. As previously mentioned, senior Rodney Lawson is expected to bring in some impressive marks in his specialties, the high hurdles and the 100 and 200 meter sprints. Also returning are Jamaican-native Bruce James and Chris Sloan. James is already proving to be a possible NCAA contender in the intermediate and high hurdles, and Sloan should provide him with some heated inter-squad competition for the trip to Duke University and the NCAA Championships May 30-June 2.

Other returning seniors include sprinter Brian Mallory, who will also compete in the hurdles and the long jump; Allen Williams, defending Metro Conference Champion in the 800 and 1,500 meter events; Mike Hill, shot put and discus thrower and Larry Carr, the senior All-American pole vaulter from Jacksonville who is expected to return to the NCAA Championships this year.

Here's the Seminole breakdown event by event:



Larry Carr, a two time All-American pole vaulter will lead one of the strongest groups on the team.

Sprints -- Although this group of the squad remains thin, coaches are counting on Shannon Baker, 1989's freshman state champ in the 100 meter who successfully followed in the footsteps of former football/track athletes Deion Sanders and Sammie Smith. Baker will participate in the 100 meter this year, as well as the 200 meter and sprint relay. Rodney Lawson and James Milton will also compete in the 100 and 200 meter events; Lawson currently holds the Metro Conference title for the 200 meter race and hopes to keep that title in 1990. Tyrone Bligen, runner up for the Metro title in the 400 last year, will strive to beat that mark this year and gain the title, and Hillard Goldsmith makes that event even stronger adding depth. More depth is added to the Seminole sprints roster by junior Michael McIntosh and freshman Nehemiah Jefferson.

Hurdles -- Top-returnee and Metro Conference champ in the 200 meter and high hurdles, Rodney Lawson once again leads a traditionally strong group of hurdlers in 1990. Lawson has met NCAA qualifications every year since his freshman year in the high hurdles and should continue that success this year; in addition, he will run the 4x100 relay event. Also returning are senior Bruce James and junior Chris Sloan. James will run in the 4x400 meter relay in addition to his intermediate hurdles activities, while Sloan will continue in the 400 meter intermediate hurdles. Providing depth on the hurdles roster are senior Brian Mallory, juniors Michael McIntosh and Thomas Gerrets and freshman Darren Nutt.

Middle Distance -- Seminole coaches expect great things from this year's middle distance crew. Returning to the squad are senior Allen Williams, junior Billy Penick and sophomore Jason Frank. All three are members of the Florida State record setting 3,200 meter relay team and will strive to break their own record this season. Mark Bednarz will be the fourth man on the team this year. In addition, Williams is the reigning Metro champ in the 800 and 1,500 meter, and Frank is very close to

breaking Florida State's record in the indoor mile. Freshman Robert Circelli will strengthen the middle distance crew as backup in the 800 meter race. Sophomore Rance Kay, Chris Keeney and Derwent Palmer and freshman Stuart Byrne will bring depth to the middle distance crew.

Distance -- Although the distance squad is relatively young in 1990, junior Billy Penick will lead the group. In addition to participating in the 3,200 meter relay as mentioned above, Penick is expected to get some record-breaking marks in the 3,000 meter steeplechase and should easily make the All-Metro team. He is also battling for some of the top spots in the NCAA. Another strong contender for the All-Metro team is junior Chris Mooney, who will replace departing senior and Metro Conference champ David Keen in the 5,000 and 10,000 meter races. Junior college transfer Matt Dobson should provide excellent back up in those events as well. Bringing depth to the distance roster are sophomores Williams Walden and John Winkler and freshmen Jason Kaiser and Daniel Lucas.

Jumps -- Last year, Coach Long said this area "could be strong with a blend of new and old talent." Now after gaining much needed experience last year, sophomores Harris Anthony, James Milton and Chris Wilkey will be called on to fill the shoes of departing seniors Erik Robinson and Mark Napier, a task they should handle well. Senior Brian Mallory will also be a large contributor in this event, providing the young squad with a bit more experience.

Mallory, Milton and Anthony will be counted on in the long jump while Wilkey, along with incoming freshmen Kevin Crist and Matthew Terry will be called on for the high jump. All returning jumpers are expected to set high marks this season and have a good shot at joining the NCAA Championship roster.

Throws -- Once again a small, but quality, group of four individuals comprises the Seminole throw contingent. The Tribe is strongest in the discus event with senior Mike Hill returning for his final season. Eric Chambers, red-shirted last year due to a hand injury, should prove to be very strong in the discus and has a very good shot at the NCAA Championship. Chambers will be contributing in the hammer event as well.

Williams Rivera and Hill are the Tribe's best bets for the shot put. A walk-on junior from Orlando, Rivera was the shot put state champion in high school, and Hill has previously proven himself in the shot put as well as the discus.

Striving to replace departing senior Tom Fetters in the javelin this year is sophomore Chris Keen. Keen performed admirably well during his freshman season in 1989 and should keep this part of the squad solid for a couple more years. Rivera and Chambers will provide depth in the javelin.

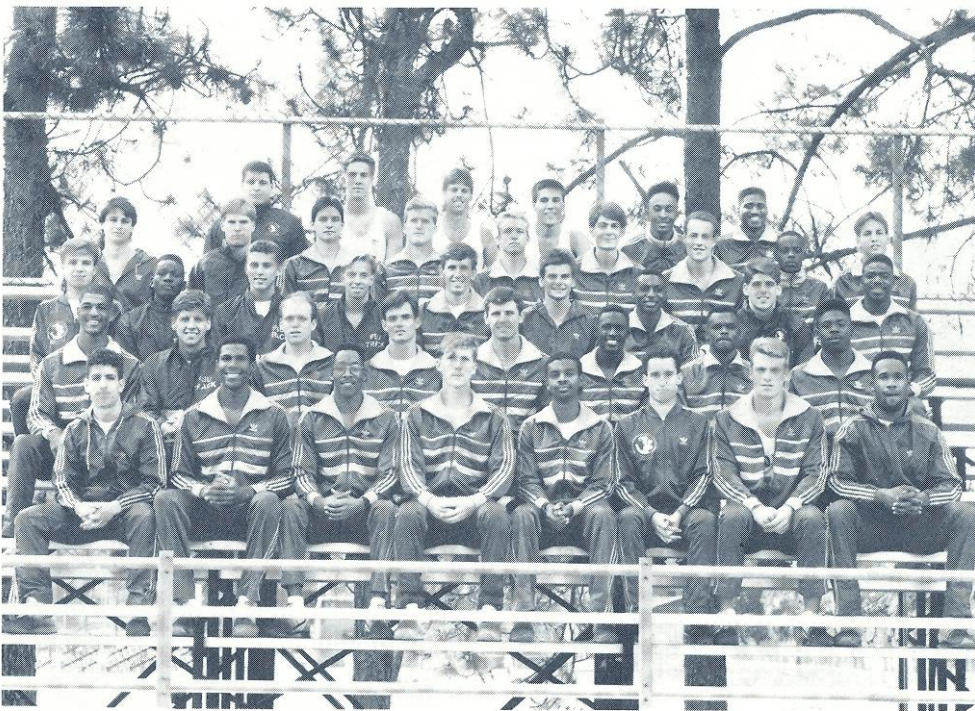
Pole Vault -- Along with the middle distance runners, the 1990 pole vaulters should once again prove to be one of the strongest groups on the team. Senior All-American Larry Carr returns for his final season hoping to make it to the NCAA Championships one more time. His highest mark stands at 18-1, and he hopes to better that this season. Sophomores Darryle Meadows and Chris Keen, making a mark for themselves last year, should gain more experience this season, preparing to fill Carr's spot in 1991. Freshmen Thomas Coil and Joseph

Ricca bring depth to the roster. Jeffrey Bray, the Tribe's freshman who came to FSU as the #1 high school pole vaulter with a best mark of 17-8, will red-shirt this season.

Schedule -- Florida State's schedule is designed to provide the level of competition needed by each athlete, according to the individual's needs. Thus, the Seminoles focus on the outdoor season rather than stress indoor meets and will at times send athletes to several different meets on any weekend. This enables FSU athletes to participate in events from coast to coast.

The FSU Relays, where the Tribe plays host to some of the top track athletes in the South, will be held March 21-24 this year and, as usual, should provide the Seminoles with some of their toughest competition and get them ready for their shot at the Metro crown. The conference championships will be held at Florida State this year, May 17-19.

Last year, Florida State was hoping that 13 would prove to be a lucky number, giving them their 13th straight Metro title. It was this year, they're hoping for two lucky sevens to continue the tradition.

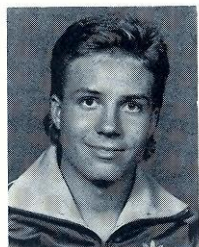


Florida State SEMINOLE PROFILES



**SHANNON
BAKER**
Freshman
Lakeland, FL

A talented sprint prospect as well as one of the nation's finest wide receivers ... will run the 100, 200 sprint relays ... expected to be an NCAA qualifier in the sprints ... follows a long line of FSU football players to excel at track ... "can be as good as any we've had" says coach Terry Long ... handled kickoff returns and caught 5 passes for 102 yards as an understudy to the a "Fab Four" in 1989 ... should return from spring football in time to run at the Metro meet ... **Prep:** 1989 state champion in the 100m dash at Lakeland HS with 10.69 ... won the 220 yard dash as well ... was a two time 4A champ in the 100 yard dash, running a PR 10.3 as a senior ... a two time 4A all state football selection at wide receiver ('87) and quarterback ('88) ... USA honorable mention All American in football ... **Personal:** Born July 20, 1970.



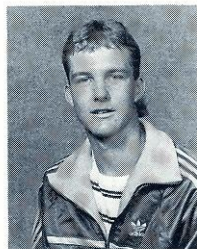
**MARK
BENDARZ**
Freshman
Garfield, NJ

A fine middle distance prospect who ran a leg of the school record 3,200 yard relay for FSU during the indoor season ... **Prep** Signed at FSU out of Paramus Catholic HS in Garfield, NJ ... was an all-state performer and finished seventh in the 800 meters at the USA Junior National Meet ... **Personal:** Enrolled FSU's undergraduate studies program.



TYRON BLIGEN
Junior
Charleston, SC

400 (47.22) ... once again returns as FSU's top performer in the 400 meters ... track insiders say Bligan's style is comparable to that of former Olympian and FSU All American Walter Macoy ... will be relied upon to help FSU contend for both relay titles at the Metro Meet ... coaches say he has shown tremendous personal and athletic improvement ... **1989:** Runner-up in the 400m at the Metro Championships ... some feel he could be an NCAA qualifier in that event ... has also seen action on FSU's 400 and 1600 meter relays ... impressed coaches with his work ethic in practice ... **1988:** Ran not only FSU's best time, but a personal best of 47.35 at the Florida Tri-Meet in Gainesville ... also ran 47.54 at the Seminole Twilight, which, at the time, cut his time nearly a full second ... **Prep:** The South Carolina state champion in the 440, he ran sub-48 times in the quarter and has run 46 plus in the 1600 meter relay ... his signing in 1987 immediately filled FSU's needs in the 400m ... picked Florida State over Clemson and South Carolina ... **Personal:** Enrolled in Florida States basic study program ... born March 14, 1968.



JEFF BRAY
Freshman
Elk City, OK

PV(17-9) expected to red shirt in the outdoor season because of back problems ... a prize recruit brought into the FSU program by recruiter Tom Shaw ... **Prep:** The top pole vaulter in high school a year age out of Oklahoma's Elk City HS ... **Personal:** Enrolled in FSU's undergraduate studies program.



LARRY CARR
Senior
Jacksonville, FL

PV(18-1) ... should once again be FSU's premier field event performer as well as one of the top performers in the country ... a very versatile performer, Carr adds depth to the hurdles as well ... will be counted on to provide leadership as a senior ... forced to sit-out the indoor season because he had used up his eligibility ... **1989:** A 1989 All American in the pole vault after finishing in a tie for seventh at the NCAA championships with a 17-6 1/4 ... Carr cleared a school and personal best of 18-1 in the Springtime Invitational ... placed first in each of the outdoor meets that he competed in ... missed the final two outdoor meets before the NCAA Championships, including the Metro Championships, after suffering a back injury in April ... **1988:** Set the school record in the pole vault during the indoor season, but was hampered by back injuries that led to his taking a redshirt during the outdoor season ... **1987:** The biggest surprise of the 1987 season ... started the indoor season by topping his previous personal best when he vaulted 16-3 1/2 at the LSU Relays ... his real breakthrough came at the Florida State-Tenneco Relays as he jumped 17-0 ... vaulted 17-2 1/2 at the Griffin Invitational and later matched that at the Metro Championships ... in his first appearance at the NCAA championships, cleared 17-1 3/4 in both the trials and the finals to finish 10th in the nation ... **1986:** Cleared 15-2 3/4 and 15-0 in dual meets against Auburn and Florida ... tied for fourth at the Metro Championships with a vault on 15-6 ... **Prep:** Attended Wolfson High where he was the state champ in the pole vault with a best of 16-0 ... that mark made him the first high school athlete to clear 16 feet in Florida ... **Personal:** A communications major ... born December 1, 1966.



**ERIC
CHAMBERS**
Sophomore
Altamonte Springs,
FL

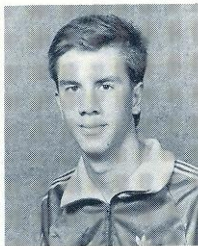
SP (52.0) DI (175.1) H (144.10)—Has already improved tremendously this year in the discus, leaving the coaches to feel he has a good shot at qualifying in that event ... bad wrist has hampered his effort with the shot put and forced him to concentrate on the discus ... could also score at the Metro meet in the hammer ... **1989:** Took a red-shirt in 1989 ... **1988:** Spent most of the indoor and outdoor season recovering from pneumonia ... sidelined for more than a month and lost much of his strength and bulk he gained during the fall of his freshman year ... one of three freshmen signees who were former state champions ... **Prep:** Won the Florida 4A shot put title as a senior ... coached in high school by Marty Williams and former Florida State All-American Charlie Harris at Lake Brantley High ... an all-district linebacker at LBHS ... **Personal:** Born July 8, 1970.



ROBERT CIRCELLI

Freshman
Port Orange, FL

800 (1:51.6)—Will battle Jason Frank for FSU's top middle distance man ... **Prep:** Ran track at Spruce Creek HS ... **Personal:** Enrolled in FSU's undergraduate studies program.



KEVIN CRIST

Freshman
College Park, GA

HJ (7-2)—Another top field performer recruited to the FSU program last year ... has been set back by a foot injury after jumping 7-0 during the indoor season ... coaches feel he may be a world class decathlete before leaving FSU ... **Prep:** The top prep high jumper in the country a year ago. At Woodward Academy in College Park, GA ... **Personal:** Brother John was a world class decathlete ... enrolled in FSU's undergraduate studies program.



JASON FRANK

Sophomore
Nobleton, FL

1500 (3:47.1)—One of Florida State's top middle distance returnees though just a sophomore ... All-Metro selection after finishing 10th at the Metro Cross Country Championship this past fall ... battled David Keen for the number one spot throughout the cross country season ... nearly broke school mark in indoor mile this year ... part of school record 3,200m relay squad ... **1989:** Placed 6th in the 800m at the Metro Championships ... turned 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:** Enrolled in FSU's undergraduate studies program ... born October 2, 1970.



HILLARD GOLDSMITH

Freshman
Pensacola, FL

400 (47.19)—A very flexible athlete who is capable of running sprints and middle distance events ... strongly team oriented, Hillard will be a key component in both relays as well as the 400m dash ... **1989:** Red-shirted in 1989 ... **Personal:** Enrolled in Florida State's undergraduate studies program.

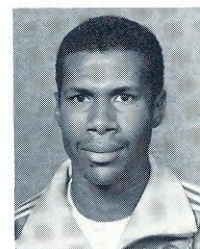


MIKE HILL

Junior
Miami, FL

D (165) SP (52.4)—Should contend in the shot and discus during the outdoor season, with the discus being his strongest suit ... **1989:** Finished third at the Metro meet in the Discus ... has season best mark in the shot (48-3 3/4) ... set a new PR in the discus with a throw of 158-7 at the FSU Relays ... **1988:** Threw a PR of 155-8 at the Georgia Open ... just missed that mark at the FSU Relays with a 155-6 ... **1987:** Was hurt during much of the season and was red-

shirted ... **Prep:** Teamed with hurdler Bruce James at Wolmers in Jamaica ... **Personal:** A Pre-med major and outstanding student ... born May 28, 1968.



BRUCE JAMES

Senior
Kingston, Jamaica

400 IM (51.56)—Has shown consistent improvement throughout his career ... a key team leader, James will run the 4x400m as well as the intermediate hurdles ... expected to challenge NCAA standards this year in his specialty, the 400 IH ... **1989:** Placed third at the Metro meet with a 52.85 ... won the Springtime Invitational with a 53-14 ... **1988:** Ran a PR of 52.33 at the Seminole Twilight after finishing second at the Metro with a 52.62 ... also helped FSU's 1,600 meter relay team to the Conference Championship after a 3:09.65 clocking ... **Prep:** A high school teammate of FSU discus thrower Mike Hill at Jamaica's Wolmers School ... **Personal:** Truly an outstanding student as well, Bruce is majoring in business management ... born September 2, 1967.



NEHEMIAH JEFFERSON

Freshman
Tallahassee, FL

400m (48.09)—Comes to the FSU program with little track experience but tremendous potential ... coaches feel Jefferson's biggest attribute is his ability to rise to the occasion at big meets ... will run relays in addition to the open 800m ... **Prep:** Comes in from Tallahassee's Rickards HS ... **Personal:** Enrolled in FSU's undergraduate studies program.



CHRIS KEEN

Sophomore
Jefferson, GA

JAV (188.10) PV (16.6)—Will throw the javelin as well as add depth to the pole vault crew ... has tremendous potential in the javelin and threw 190 in his first meet ... played on the football team last year and again this spring ... **Prep:** One of the top pole vaulters to come out of the high school ranks last spring ... 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.



CHRIS KEENEY

Sophomore
Honolulu, HI

5000 (15:15)—Made a strong contribution to the cross country team this fall and finished 16th at the Metro Conference Cross Country Championships ... has shown consistent improvement as a middle distance runner ... **1989:** Red-shirted in 1989 to preserve eligibility ... lettered during the cross country season ... **Prep:** Recruited to FSU from Honolulu, HI ... **Personal:** Father Tom, was one of the finest middle distance runners in FSU history ... enrolled in FSU undergraduate studies program ... born October 5, 1970.



ROBERT LAWSON

Senior
Jacksonville, FL

110 HH (13.68)—Once again returns as one of Florida State's top hurdlers in both the 110 and the 400 races ... has been an NCAA qualifier every year since his freshman season ... a great team leader, Lawson carries an outstanding work ethic and personal traits ... will also be relied upon to run in the 4x100 Relay ... **1989:** Qualified for the NCAA meet but failed to make the final for the second consecutive year ... benefitted from training with former FSU All-American and Olympian Arthur Blake ... placed first in the 110HH in six of the eight outdoor meets he competed in ... was invited

to the prestigious Sun Angel Relays ... 13.68 at the Florida A&M Relays qualified him for the NCAA meet in the first outdoor meet of the year ... **1988:** Impressed coaches with his raw sprinter's speed and they made him their lead-off leg on the 400 meter relay ... after qualifying for his first NCAA Championship just a few weeks earlier, surprised many with a 10th place finish at the NCAA Outdoor Championships ... ran a 14-flat in the semifinal heat in Eugene, OR ... **1987:** Ran a season-best time of 14.40 in the 110 meter high hurdles at the Florida State-Florida dual meet ... also ran on the 1,600 meter relay team ... **Prep:** Ranked second in the nation in the high hurdles in 1986 ... named to the Track and Field News High School All-American team ... also placed sixth at the Junior National Championships ... **Personal:** Majoring in public administration ... born January 22, 1968.



MARK MCINTOSH

Sophomore
West Palm Beach, FL

Dec (6, 117)—Will red-shirt in 1990 to concentrate on the pole vault ... has turned in a pair of solid years in the Decathlon ... **1989:** For the second consecutive year McIntosh finished fourth in the Metro Decathlon with 5,978 points ... **1988:** Finished fourth at the Metro meet in the Decathlon after a PR of 6,117 points ... compiled 6,082 points in that event at the Georgia Open ... **Prep:** The 1987 state decathlon champion at West Palm Beach Twin Lakes HS ... **Personal:** Born May 13, 1968.



BRIAN MALLORY

Senior
Orlando, FL

LJ (23-00)—A classic utility athlete with good all-around ability ... will run sprints and intermediate hurdles as well as his jumps ... a member of the Athletic Director's captain's counsel—where an individual from each sport meets with Directors on a regular basis ... **1989:** Ran the 100m dash as well as the 400m IH ... **Prep:**

Came to Florida State from Montgomery HS in Maryland.



JAMES MILTON

Sophomore
Ocala, FL

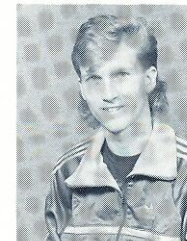
LJ(25-2.5) 200 (21.53) 100(10.89)—Will be looked to for contributions once again in the sprints and relays as well as the long and triple jumps ... coaches hope Milton can remain injury free in order to make full use of his ability ... has been hampered with back and leg injuries which will hold him out of the decathlon ... **1989:** Won the Metro long jump with a 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 ... committed early to the FSU program and held to that commitment despite a late rush by a number of schools ... **Personal:** Enrolled in FSU's undergraduate studies program ... born August 28, 1970.



DARREN NUTT

Freshman
Overland Park, KS

100HH (13.76)—Injuries may force Nutt to redshirt this season ... coaches say he has shown flashes of talent that could project him as a national qualifier in the High and Intermediate Hurdles ... **Prep:** Ran PR's of 13.76 (HH) and 37.3 (IH) as a prep at Shawnee Mission HS in Overland Park, KS ... though plagued by injuries in high school, Nutt ranks fifth on the Kansas all-time track list in the intermediate hurdles ... **Personal:** Enrolled in FSU's undergraduate studies program.

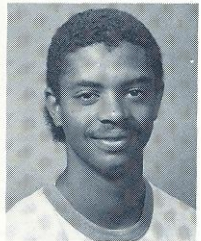
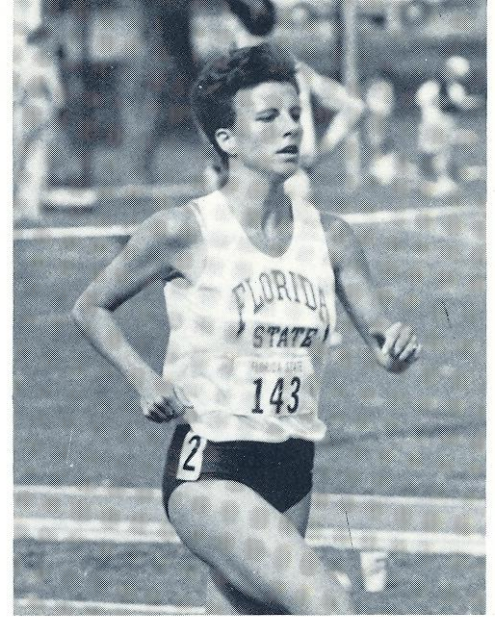
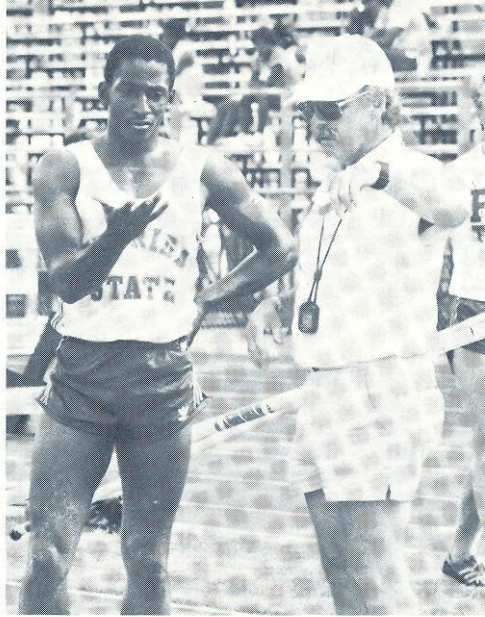


BILLY PENICK

Junior
Sanford, FL

800 (1:50.2) 3000-SC (9:11.2)—Projected as an all-conference steeplechaser for 1990 ... will provide

consistency and depth to the middle distance and distance crews ... ran a leg of the school record 3,200m relay during the indoor season ... finished 15th at the Metro Cross Country meet in the fall ... **1989:** Added the steeplechase and turned in a third place performance with a season best 9:11.2 at the Metro meet ... **1988:** Came on strong at the end of the outdoor season ... finished third in the Metro Conference Championships with a personal best of 3:53.6 in the 1,500, the fastest time run by a Seminole in '88 ... **1987:** Cracked the top 12 at three meets during the cross country season ... came in 12th at the FSU-Auburn dual meet and 10th at the Carolina Invitational ... also finished seventh at the Florida State-Georgia dual meet ... red-shirted during the outdoor season ... **Prep:** Won the class 4A state crown as a junior and placed second in that event as a senior ... helped Seminole HS to consecutive state championships in his final two years there ... also won the 4A individual title at the 1985 Florida State Cross Country Invitational ... **Personal:** Majoring in physical education ... born June 21, 1968.

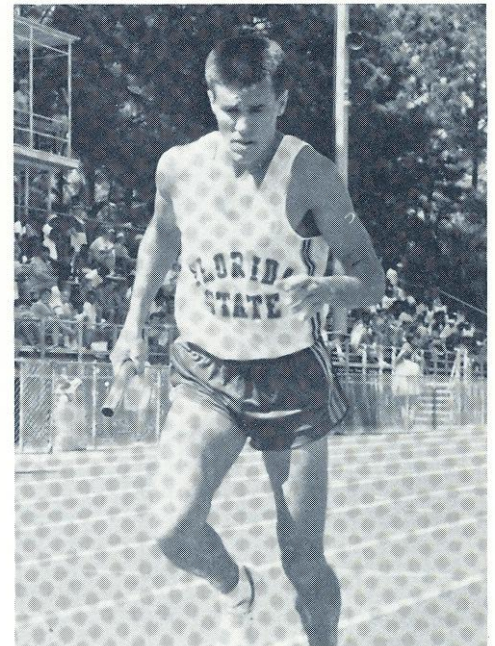
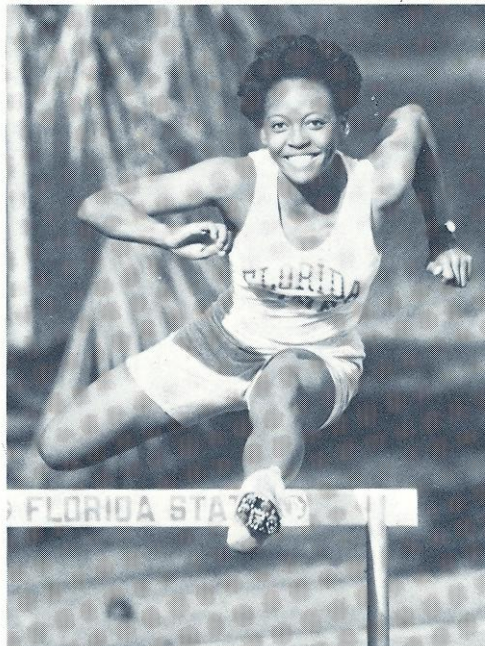


ALLEN WILLIAMS

Senior
Hillside, NJ



800 (1:51.0) 1500 (3:50.1)—An All-Metro selection in cross country after placing eighth at the conference meet ... ran with the school record 3,200m relay team during the indoor season ... **1989:** Made an immediate impact by claiming the Metro title in the 800 (1:51.4) and 1,500 (3:50.43) ... **Junior College:** One of the top prospects coming out of the junior college ranks ... came to FSU from Florida Community College-Jacksonville, where his best time was 1:51.7 in the 800 ... **Personal:** Majoring in French and minoring in international business ... born July 21, 1965.



Florida State ROSTERS

FLORIDA STATE WOMEN'S ROSTER

NAME	EVENT	HGT	WGT	CL	HOMETOWN	HS	HS/JC COACH
Kim Batten	J,H,R	5-7	117	JR	Rochester, NY	East	Betty Rich
Sonya Blades	J	5-4	125	SR	Ft. Lauderdale	Piper	Theo. Beverly
Carrie Boyd	D	5-8	130	SR	Marietta, GA	Berkner	Sandra Lyman
Rosa Diaz	Jv,H,Hp	5-9	130	JR	Miami	Sunset	J. Hammontree
Sharon Farrall	D	5-4	110	SR	Seminole	Seminole	R. Zacholski
Tanya Grannemann	SP,DI	5-11	169	SO	Pompano Beach	Northeast	Bruce Calhoun
Angela Harris	MD	5-6	114	SO	Orange Park	Orange Pk	Fred Jones
Carolyn Hightower	J,H,R	5-5	110	SR	Orlando	Evans	Terry Smith
Lisa Horton	S,R	-5-	110	SR	Rochester, NY	East	Bob Pryor
Tracy Howze	D,MD	5-5	105	FR	Orange Park	Orange Pk	Betty Rich
Trinette Johnson	J,S,R	5-5	130	FR	Detroit, MI	Cass Tech.	Terry Smith
Kari Keith	Jav	5-9	149	SR	Ft. Lauderdale	Strananan	Phillips
Holly Kelly	HJ,R	6-0	135	JR	Miami	Palmetto	Sue Collis
Aundrea Lyons	S,R	5-5	122	SO	Gahanna, GA	Lincoln	Dr. R. Miller
Kim Mann	H,R,Hept	5-6	113	FR	Greenacres City	J.K.Leonard	R. Whitaker
Candi Odom	S,H,J,R Hept	5-5	125	SO	Delray Beach	Atlantic	B. McElroy
Tracey Pepoon	D	5-4	98	FR	Ft.Walton Bch	Ft.Walton Bch	D. Mannion
Karia Severs	MD	5-5	112	FR	Titusville	Astronaut	N. Price
Carmellia Shivers	S,H,R, Hept	5-9	145	JR	Titusville	Florida CC	Tundell
Patrice Verdun	S,R	5-4	123	FR	Flint, MI	Central	M. Warden

FLORIDA STATE MEN'S ROSTER

NAME	EVENT	HGT	WGT	CL	HOMETOWN	HS	HS/JC COACH
Harris Anthony	J	6-0	180	FR	Daytona Bch	Spruce Creek	W. Wheeler
Shannon Baker	SP,R	5-10	180	SO	Lakeland	Lakeland	
Mark Bednarz	MD	6-1	160	FR	Garfield, NJ	Paramus Cath.	M. Glynn
Tyrone Bligen	S,R	6-2	158	JR	Charleston, SC	St. Andrews	R. Luden
Jeffrey Bray	PV	6-0	150	FR	Elk City, OK	Elk City	M. Heard
Stuart Byrne	MD	5-11	160	FR	Coram, NY	Longwood	T. Toro
Curtis Campbell	S,R	5-8	155	FR	W. Palm Bch	Twin Lakes	R. Makear
Larry Carr	PV,H	6-3	185	SR	Jacksonville	Wolfson	P. Nowicki
Erik Chambers	SP,DI	6-1	230	SO	Apopka	Lake Brantley	C. Harris
Robert Circelli	MD	5-8	130	FR	Port Orange	Spruce Creek	R. Wendt
Thomas Coil	PV	6-0	165	FR	Winter Park	Winter Park	J. O'Brien
Kevin Crist	HJ	6-7	190	FR	College Park, GA	Woodward Aca	L. Kroswek
Roger Dobson	D	6-0	145	JR	Jacksonville	Jay	J. McCall
Jason Frank	MD	6-1	165	SO	Nobleton	Hernando	B. Andrews
Thomas Garrets	H,IH	6-3	167	JR	Harvey, LA	Holy Cross	A. Thiel
Hillard Goldsmith	S,MD,R	5-10	153	FR	Pensacola	Washington	R. Erwin
Mike Hill	SP,DI	6-2	212	SR	Miami	Wolmers	S. Francis
Bruce James	H,IH,R	6-3	180	SR	Kingston, JA	Wolmers	S. Francis
Nehemiah Jefferson	S,R	6-10	150	FR	Tallahassee	Rickards	W. Williams
Jason Kaiser	D	5-11	150	FR	Winter Park	Sanford	K. Brauman
Rance Kay	MD	6-2	171	SO	Ocala	St. John Luth	M. Hoger
Chris Keen	Jav,PV	6-0	165	SO	Jefferson, GA	Jefferson	J. Keen
David Keen	D	6-3	162	SR	Marianna	Marianna	Lowell
Chris Keeney	MD	5-9	142	SO	Honolulu, HI	Punahou	A. Rowan
Rodney Lawson	H,R	6-0	160	SR	Jacksonville	Sandalwood	C.McPhilomy
Daniel Lucas	D	6-0	137	FR	Tampa	Leto	B. Enis
Michael McIntosh	S,H	6-0	175	JR	Palm Beach	Twin Lakes	D. Meier
Brian Mallory	S,J,R	5-9	135	SR	Orlando	Montgomery MD	J. Easton
John Meadows	PV	5-10	152	SO	Orlando	Lake Highland	J. Hock
Chris Mooney	D	5-8	140	JR	Plantation	S. Plantation	G. Taglienti
James Milton	S,J,R	6-3	191	SO	Ocala	Forest	D. Horner
Darren Nutt	H,R	6-2	165	FR	Overland Pk, KS	Shawnee Mission	N. Naster
Derwent Palmer	MD	6-0	160	SO	Lake Hamilton	Haines City	G. Whitmore
Wilburn Penick	MD	6-1	160	JR	Sanford	Seminole	K. Brauman
Joseph Ricca	PV	6-3	190	JR	Toms River, NJ	Toms River	M. Jump
Tim Riera-Gomez	DEC	5-10	155	FR	Miami	Christopher Col.	F. Foyo
William Rivera	SP	6-2	215	JR	Olando	Evans	N.James
Gary Rossen	MD	5-7	143	SR	Great Neck, NY	Great Neck	B. Barratia
Chris Sloan	H,R	5-11	152	JR	Clearwater	Clearwater	J. Bubank
Matthew Terry	HJ	6-3	160	FR	Cantonment	Gonzalez Tate	J. Leiux
William Walden	D	5-10	140	SO	Daytona Bch	Mainland	J. Jewell
Chris Wilkey	HJ	6-2	150	SO	Jacksonville	Bishop Kenny	S. Lyons
Allen Williams	MD	6-0	145	SR	Hillside, NJ	Florida JC	L. Monts
John Winkler	D	5-7	120	SO	Miranta	Miramar	C. Murphy

J-Jumps; S-Sprints; MD-Middle Distance; D-Distance; PV-Pole Vault; JAV-Javelin; SP-Shot Put; DI-Discus; H-Hurdles; IH-Intermediate Hurdles; R-Relays; HJ-High Jump

Florida State

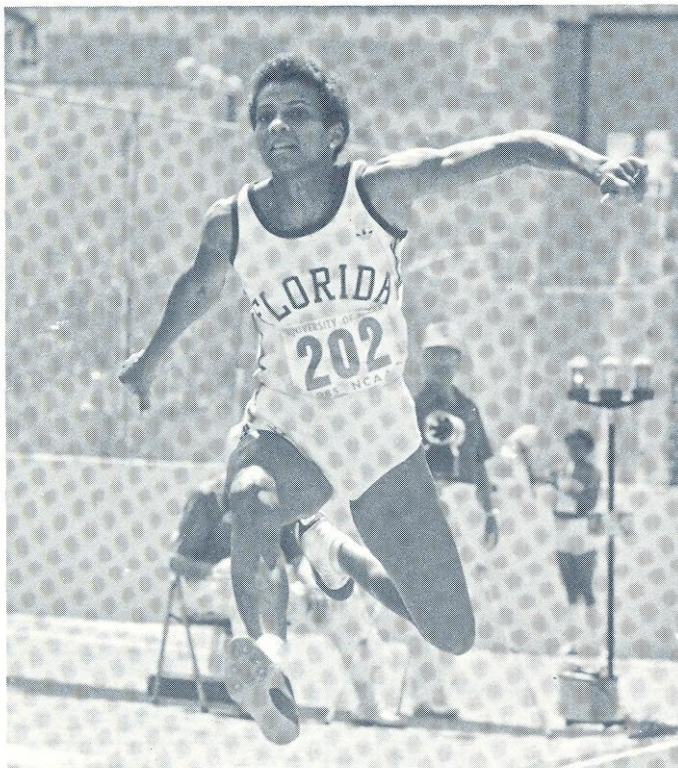
INDOOR RECORDS

MEN'S TRACK

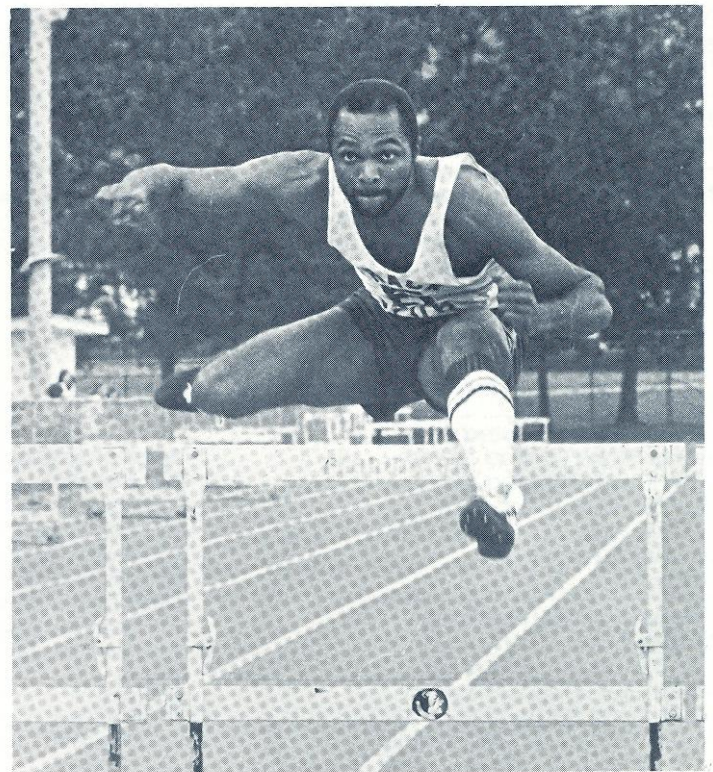
55m Dash	Mike Roberson	6.13	1979
55m Hurdles	Arthur Blake	6.05	1988
800m Dash	Octavius Clark	1:49.86	1986
Mile Run	Cliff Cook	4:05.6	1979
3,000m Run	Herb Wills	8:04.1*	1982
5,000m Run	Herb Wills	14:00.10*	1982
1600m Relay	Leander McKenzie, Reggie Ross, Charlie Carr, Vince Washington	3:08.67	1984
3200m Relay	Glenn Keffenacker, Walter McCoy Earl Caruthers, Lynn Brown	7:30.5**	1984
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

WOMEN'S TRACK

55m Dash	Michelle Finn	6.72	1986
200m Dash	Lisa Horton	23.89	1989
400m Dash	Janet Davis	54.21	1984
800m Run	Kelley Hackler	2:09.03	1984
Mile Run	Margaret Coomber	4:45.79	1984
3,000m Run	Gale Grant	9:55.9	1981
1600m Relay	Janet Davis, Janet Levy, Dwyer-Brown, Brenda Cliette	3:37.47	1984
3,200m Relay	Hackler, Nancy Rettie, Brenda Moore, Chris McKay	8:38.34	1985
Long Jump	Esmeralda Garcia	21'0"	1986
Triple Jump	Esmeralda Garcia	44'4"	1985
High Jump	Holly Kelly	6' 1/4"	1989
Shot Put	Vickie Smith	46'10"	1977
55m Hurdles	Kim Batten	7.85	1990



Brazil's Esmeralda Garcia holds the Florida State indoor records for both the long jump and the triple jump.



FSU Hall of Fame member Danny Smith is the Seminoles most prolific indoor record holder as he holds the records for the 50, 60 and 70 yard high hurdles.

Florida State HISTORY



METRO CONFERENCE CHAMPIONSHIP

Year	Team Champion	Runnerup	Outstanding Athlete
1989	Florida State	South Carolina	Phillip Williams (S. Carolina)
1988	Florida State	South Carolina	Deion Sanders (Florida State)
1987	Florida State	South Carolina	Anthony Bennan (S. Carolina)
1986	Florida State	Virginia Tech	Leander McKenzie (Florida State)
1985	Florida State	Cincinnati	Leander McKenzie (Florida State)
1984	Florida State	Virginia Tech	Leander McKenzie (Florida State)
1983	Florida State	Virginia Tech	Donney Young (Southern Miss)
1982	Florida State	Virginia Tech	Rodney Johnson (Cincinnati)
1981	Florida State	Virginia Tech	Ronnie Taylor (Florida State)
1980	Florida State	Virginia Tech	Terron Wright (Memphis State)
1979	Florida State	Memphis State	Mike Roberson (Florida State)
1978	Florida State	Georgia Tech	Terron Wright (Memphis State)
1977	Florida State	Georgia Tech	Walter McCoy (Florida State)
1976	Florida State	Georgia Tech	John Walker (Florida State)
1976	Georgia Tech*	Memphis State	Paul Bannon (Memphis State)

*Florida State was not yet in Conference



In 1988, the Florida State men's track team won its 12th consecutive Metro Crown which stands as the nation's longest win streak.

NATIONAL CHAMPIONSHIP RELAYS

1981 Indoor 800 Meter Relay

1:36.88 Esmeralda Garcia, Alice Bennett, Marita Payne, Randy Givens

1981 Outdoor 400 Meter Relay

44.35 Esmeralda Garcia, Alice Bennett, Marita Payne, Randy Givens

1982 Indoor Two-Mile Relay

8:47.27 Janette Wood, Ovril Dwyer-Brown, Carla Borovicka, Margaret Coomber

1983 Outdoor 400 Meter Relay

42.94 Angela Wright, Marita Payne, Brenda Cliette, Randy Givens

1984 Outdoor 1600 Meter Relay

3:28.46 Angela Wright, Marita Payne, Brenda Cliette, Randy Givens

1984 Outdoor 400 Meter Relay

43.72 Michelle Finn, Marita Payne, Brenda Cliette, Randy Givens

1984 Outdoor Mile Relay

3:28.93 Janet Davis, Brenda Cliette, Randy Givens, Marita Payne

1987 Outdoor 400 Meter Relay

43.19 Janet Levey, Andrea Thompson, Janet Davis, Michelle Finn

FLORIDA STATE ATHLETES IN THE OLYMPICS

1988-Seoul, South Korea

Arthur Blake (United States)

110 Hurdles (8th place)

Marita Payne (Canada)

400 Meters

Bradley Cooper

Discus

1984-Los Angeles, California

Marita Payne (Canada)

400 Meters (4th place)

400 Meter Relay (2nd place)

1600 Meter Relay (2nd place)

Randy Givens (United States)

200 Meters (6th place)

Esmeralda Garcia (Brazil)

100 Meters

Long Jump

Brenda Cliette (United States)

400 Meter Relay (alternate)

Angela Wright-Scott (United States)

Ovrill Dwyer-Brown (Jamaica)

400 Meter Hurdles

Bradley Cooper (Bahamas)

Discus

1976-Montreal, Canada

Danny Smith (Bahamas)

110 Hurdles

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 Falcons
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

MEN'S TRACK YEAR-BY-YEAR RECORDS

Year	Coach	Captains	W	L	T
1949	Ken Miller	None	0	3	0
1950	Ken Miller	Al Bradford	5	1	0
1951	Ken Miller	Max Watson	5	1	0
1952	Ken Miller	John Poston	6	1	0
1953	Ken Miller	Dick Mise	3	3	0
1954	Ken Miller	Carlos Fraundorfer	1	6	0
		MILLER'S TOTALS (6 YEARS)	20	15	0
1955	Mike Long	Ron Weaver	5	1	0
1956	Mike Long	Ron Weaver	7	1	0
1957	Mike Long	Joe Davis	4	1	0
1958	Mike Long	Mike Conely, Jack Terwilliger	4	0	0
1959	Mike Long	Jim Casteel, Dick Elwood	3	1	0
1960	Mike Long	Ted Keen	4	0	0
1961	Mike Long	Don Ostergaard	3	2	0
1962	Mike Long	Jeff Clark, Quintin Till	5	0	0
1963	Mike Long	Carign Johnson, Herb Craft	4	0	0
1964	Mike Long	None	5	0	0
1965	Mike Long	Al Cato, Jerry McDaniel	5	0	0
1966	Mike Long	Kenny White, John Brogle	4	4	0
1967	Mike Long	Sid Gaaney, Steve Landis	4	8	0
1968	Mike Long	Bud Manning, Charlie Vicker	7	4	0
1970	Mike Long	Randy Stow, Ken Misner, Charlie Gallaway	11	2	0
1971	Mike Long	Randy Stow, Ken Misner, Bill Jackson	6	5	0
1972	Mike Long	Chuck Crowder, Bernie Waxman	2	5	0
1973	Mike Long	Rudy Falana, Allen McMillen, Tyrone Frederick	10	5	0
1974	Mike Long	None	7	2	0
1975	Mike Long	None	15	2	0
1976	Mike Long	None	12	2	0
1977	Mike Long	Don Merrick	11	2	0
		LONG'S TOTALS (23 YEARS)	124	51	0
1978	Dick Roberts	Jesse Forbes, Clif Cook	11	4	0
1979	Dick Roberts	Brad Cooper, John Citron	11	2	0
1980	Dick Roberts	Tom Herron, Palmer Simmons	13	3	0
1981	Dick Roberts	Philip Rolle, Walter McCoy, Larry Greene	14	1	0
1982	Dick Roberts	Ronnie Taylor, Robb Gomez	13	4	0
1983	Dick Roberts	John Subers, Larry Greene	7	8	1
1984	Dick Roberts	Reggie Ross, Dusty Hammon, Ronnie Treadway	11	3	1
1985	Dick Roberts	Vince Washington, Andy Latimers, Leander McKenzie, Mark Sleman	11	5	0
1986	Dick Roberts	Vince Washington, Ocky Clark, Ashley Peoples	22	0	0
1987	Dick Roberts	Arthur Blake, Billy Close, Mike Bell, Ocky Clark	6	1	0
1988	Dick Roberts	None	2	0	0
		ROBERT'S TOTALS (11 YEARS)	142	31	2
1989	Terry Long		2	1	0
		OVERALL TOTALS (41 YEARS)	288	98	2

Florida State 1990 NCAA QUALIFYING MARKS

EVENT	FAT	MT	FAT	MT	FIELD
MEN					
100	10.27	10.0	10.40	10.1	28
200	20.70	20.4	20.80	20.5	28
400	46.20	45.9	46.60	46.3	24
800	1:47.75	1:47.5	1:49.00	1:48.7	21
1500	3:42.20	3:41.9	3:44.00	3:43.7	21
3000SC	8:44.00	8:43.7	8:52.00	8:51.7	21
5000	13:55.00	13:54.7	14:03.00	14:02.7	21
10,000	29:08.00	29:07.7	29:25.00	29:24.7	18
110H	13.82	13.5	13.94	13.7	28
400H	50.75	50.5	51.00	50.7	24
4x100	39.65	39.4	40.00	39.7	12
4x110 yds	39.85	39.6	40.20	39.9	
4x400	3:05.25	3:05.0	3:08.00	3:07.7	12
4x440 yds	3:06.45	3:06.2	3:09.20	3:08.9	
High Jump	2.25	7-4.5	2.18	7-1.75	18
Pole Vault	5:50	18-0.5	5:30	17-4.5	18
Long Jump	7.95	26-1	7.80	25-7.25	18
Triple Jump	16.25	53-3.75	15.95	52-4	18
Shot Put	18.50	60-8.5	17.98	59-0	18
Discus	58.00	190-3	56.40	185-0	18
Javelin	70.00	229-8	67.00	219-10	18
Hammer	62.25	204-3	59.50	195-2	18
Decathlon	7480		7250		

WOMEN					
100	11.43	11.1	11.70	11.4	21
200	23.28	23.0	23.85	23.6	21
400	52.82	52.5	53.95	53.7	18
800	2:05.50	2:05.2	2:09.00	2:08.7	18
1500	4:19.50	4:19.2	4:27.00	4:26.7	18
3000	9:19.00	9:18.7	9:30.00	9:29.7	20
5000	16:16.00	16:15.7	16:39.00	16:38.7	20
10,000	3:18.00	34:17.7	35:00.00	34:59.7	14
100H	13.50	13.2	13.94	13.7	21
400H	57.50	57.2	59.50	59.2	18
4x100	.65	4.4	45.90	45.6	10
4x110 yds	44.85	44.6	46.10	45.8	
4x400	3:35.48	3:35.2	3:39.00	3:38.7	10
4x440 yds	3:36.68	3:36.4	3:40.20	3:39.9	
High Jump	1.85	6-0.75	1.78	5-10	14
Long Jump	6.40	21-0	6.17	21-3	14
Triple Jump	12.75	41-10	12.40	40-8.25	14
Shot Put	15.40	50-6.25	14.90	48-10.7	14
Discus	52.50	172-3	49.00	160-9	14
Javelin	53.00	173-11	49.50	162-5	14
Hepathlon	5350		5100		12

NOTE: All those achieving the Automatic standard will be qualified for the NCAA Championships. In the event that there are not enough people qualified to reach the Field number, athletes will be added, in order of performance, provided they have met the Provisional standard.

FLORIDA STATE NCAA ALL-AMERICANS

MEN'S TRACK & FIELD/CROSS COUNTRY

ARTHUR BLAKE

1987 Indoor 55 Meter Hurdles
1987 Outdoor 110 Meter Hurdles
1988 Indoor 55 Meter Hurdles

MEL BOODIE

1980 Indoor Mile Relay Champion

BOBBY BROOKS

1971 USTFF* Cross Country

DOUG BROWN

1969 USTFF* Outdoor 100 Yard Dash

LYNN BROWN

1981 Outdoor 1,600 Meter Relay

BOBBY BUTLER

1980 Outdoor 400 Meter Relay

CHARLIE CARR

1984 Outdoor 1,600 Meter Relay

LARRY CARR

1989 Outdoor Pole Vault (7th)

EARL CARRUTHERS

1979 Outdoor 1,600 Meter Relay

OCKY CLARK

1986 Outdoor 800 Meter Run

BRADLEY COOPER

1978 Outdoor Discus
1979 Outdoor Discus Champion

RUDY FALANA

1975 USTFF* Outdoor Long Jump

JESSE FORBES

1975 Outdoor 100 Yard Dash
1978 Outdoor 100 Meter Dash
1978 Outdoor 400 Meter Relay

TYRONE FREDERICK

1974 Outdoor 880 Yard Run
1975 USTFF* Outdoor 880 Yard Run

DON FROST

1981 Outdoor 400 Meter Relay

HORATIO GARCIA

19987 Outdoor Hammer

JOEL GARREN

1972 USTFF* Outdoor 200 Meter Dash

KEVIN GORDON

1985 Outdoor 1,600 Meter Relay

CHARLIE HARRIS

1975 USTFF* Outdoor Triple Jump

LEON HUTCHINS

1980 Outdoor Triple Jump

KEVIN JOHNSON

1978 Outdoor 400 Meter Relay
1980 Outdoor 400 Meter Relay

THOMAS JOHNSON

1985 Outdoor 1,600 Meter Relay
1986 Outdoor 1,600 Meter Relay

MIKE KELLY

1968 Outdoor 120 Yard High Hurdles
1969 USTFF* Outdoor 120 Yard High Hurdles
1969 USTFF* Outdoor 440 Yard IM Hurdles

WALTER McCOY

1978 USTFF* Outdoor Mile Relay
1978 Outdoor Mile Relay
1978 Outdoor 600 Yard Run Champion
1978 Outdoor 400 Meter Dash
1978 Outdoor 400 Meter Relay
1979 Outdoor 400 Meter Dash
1979 Outdoor 1,600 Meter Relay
1980 Outdoor 400 Meter Relay
1980 Outdoor 400 Meter Dash
1980 Indoor Mile Relay Champion

1981 Outdoor 400 Meter Relay
1981 Outdoor 1,600 Meter Relay
1981 Outdoor 400 Meter Dash

LEANDER MCKENZIE

1984 Outdoor 400 Meter IM Hurdles
1985 Outdoor 400 Meter IM Hurdles
1984 Outdoor 1,600 Meter Relay
1985 Outdoor 1,600 Meter Relay
1986 Outdoor 400 Meter IM Hurdles
1986 Outdoor 1,600 Meter Relay

DON MERRICK

1976 Outdoor 60 Yard Dash

KEN MISNER

1969 USTFF* Cross Country
1969 Cross Country, 1970 USTFF* Cross Country
1971 Outdoor Six Mile Run
1971 USTFF* Outdoor Three Mile Run

RON NELSON

1978 USTFF* Outdoor Mile Relay
1978 Outdoor Mile Relay
1979 Outdoor 1,600 Meter Relay
1980 Indoor Mile Relay Champion
1981 Outdoor 1,600 Meter Relay

PHIL PARKER

1969 USTFF* Outdoor Triple Jump

MIKE ROBERSON

1976 Outdoor 200 Meter Dash
1977 Outdoor 60 Yard High Hurdles
1978 USTFF* Outdoor Mile Relay
1978 Outdoor Mile Relay
1978 Outdoor 400 Meter Relay
1980 Outdoor 100 Meter Dash
1980 Outdoor 200 Meter Dash Champion
1980 Outdoor 400 Meter Relay

PHARES ROLLE

1976 Outdoor Pole Vault

PHILIP ROLLE

1981 Outdoor 800 Meter Run
1981 Outdoor 1,600 Meter Relay

1982 Indoor 800 Yard Dash

REGGIE ROSS

1980 Indoor Mile Relay Champion
1984 Indoor 1,600 Meter Relay

PALMER SIMMONS

1979 Outdoor 1,600 Meter Relay
1980 Indoor Mile Relay Champion

DANNY SMITH

1973 Outdoor 60 Yard High Hurdles
1974 Outdoor 60 Yard High Hurdles Champion
1974 Outdoor 120 Yard High Hurdles
1975 Outdoor 60 Yard High Hurdles Champion

KENNY SMITH

1984 Outdoor High Jump

ROHN STARK

1981 Decathlon

RONNIE TAYLOR

1981 Outdoor 400 Meter Relay
1982 Outdoor 200 Meters

CLARK WADDELL

1986 Outdoor 1,600 Meter Relay

JOHN WALKER

1978 USTFF* Outdoor Mile Relay
1978 Outdoor Mile Relay

VINCE (BOSTIC) WASHINGTON

1984 Outdoor 1,600 Meter Relay
1985 Outdoor 1,600 Meter Relay

CHIP WELLS

1981 Outdoor 400 Meter Relay

AL WILLIAMS

1963 Outdoor Shot Put

CARTER WILLIAMS

1986 Outdoor 1,600 Meter Relay

HERB WILLS

1980 Outdoor 10,000 Meter Run
1981 Outdoor 10,000 Meter Run
1981 Cross Country
1982 Outdoor 10,000 Meter Run

*USTFF-United States Track & Field Federation



Former U.S. Olympians Walter McCoy (L), who won a gold medal at the 1984 Games and Arthur Blake (R), who made the finals of the 110 meter high hurdles in 1988 in Seoul, are two of FSU's most renowned track stars.

Florida State MEN'S RECORDS

EVENT	FSU OUTDOOR RECORD	MIKE LONG TRACK RECORD	FSU RELAYS RECORD	METRO CONFERENCE RECORD	COLLEGIATE RECORD
100 Meter Dash	9.9 Mike Roberson 1979	10.11 Andre Cason Texas A&M	10.0 Don Merrick Florida State 1977	10.27 Mike Roberson Florida State 1977	9.93 Calvin Smith Alabama 1983
200 Meter Dash	20.08 Mike Roberson 1980	20.47 James Mallard Alabama 1979	20.74 Mike Roberson Athletic Attic 1981	20.55 Terron Wright Memphis State 1981	19.87 Lorenzo Daniels Mississippi State 1988
400 Meter Dash	44.99 Walter McCoy 1981	45.34 James Rolle Bud Light TC 1984	45.34 James Rolle Bud Light TC 1984	45.52 Walter McCoy Florida State 1981	43.68 Lee Evans San Jose State 1968
800 Meter Run	1:46.19 Ocky Clark 1986	1:46.61 Ocky Clark Bud Light TC 1985	1:47.19 James Mays Athletic Attic 1983	1:48.02 Ocky Clark Florida State 1986	1:41.77 Joaquinn Cruz Oregon 1984
1,500 Meter Run	3:43.02 Ocky Clark 1986	3:43.02 Ocky Clark Florida State 1986	3:43.70 Earl Jones Eastern Michigan 1985	3:43.1 Geoff Cooper Memphis State 1982	3:31.71 Abdi Bile George Mason 1987
3,000 Meter Steeplechase	8:52.7 Bobby James 1976	8:26.46 Brian Abshire Auburn 1986	8:32.49 Edison Wedderbunn Unattached 1983	8:53.39 Bernie Weber Cincinnati 1981	8:19.27 Farley Gerber Webb 1984
5,000 Meter Run	13:53.26 Herb Wills 1982	13:45.2 Barry Brown Florida Track Club 1982	13:52.96 Elliot Bikani Farleigh Dickinson 1986	13:57.71 Herb Wills Florida State 1981	13:14.80 Bill McChesney Oregon 1982
10,000 Meter Run	28:58.7 Herb Wills 1982	29:06.0 Jim Saplenza Dartmouth 1983	29:06.0 Jim Saplenza Dartmouth 1983	29:16.0 Mark Stickley Virginia Tech 1983	27:41.05 Ed Eyestone BYU 1985
110 High Hurdles	13.29 Arthur Blake National Sports Festival 1987	13.49 Arthur Blake Florida State 1988	13.43 Roger Kingdom Unattached 1984	13.8 Terron Wright Memphis State 1981	13.00 Renaldo Nehemiah Maryland 1979
400 IM Hurdles	49.33 Leander McKenzie 1985	49.36 Tony Rambo Bud Light TC 1985	49.38 Reggie Davis Florida A&M 1985	49.58 Leander McKenzie Florida State 1984	47.45 Edwin Moses Morehouse 1977
400 Meter Relay	39.1 Mike Roberson, John Walker, Don Merrick Jesse Forbes 1977	39.15 James Butler, Marty Krulce, Calvin Smith, Mel Lattany Bud Light TC, 1984	39.15 Butler, Krulle, Smith, Lattany Bud Light TC 1984	39.63 Carter, Blake, Sanders, Smith Florida State 1988	38.46 Tatum, Smith, Reid, Scholars Texas Christian 1986
1600 Meter Relay	3:03.76 Carter Williams, Leander McKenzie, Clark Waddell, Thomas Johnson 1986	3:03.34 Mike Krehnbrink, Tom Hind, Carlyle Bernard, Mike Armour Georgia Tech, 1985	3:05.64 James Butler James Rolle Calvin Smith, Walter McCoy Bud Light TC, 1984	3:07.39 Taylor, Brown, Rolle, McCoy Florida State 1981	2:59.91 Lewis, Young, Everitt, Thomas UCLA 1988
Hammer	215-8 Horatio Garcia 1986	221-8 1/2 Derrin Hegerty Boston 1983	221-8 1/2 Derrin Hegerty Boston 1983	207-3 Horatio Garcia Florida State 1987	257.0 Ken Flax Oregon 1986
Shot Put	60-8 Mike Bell 1987	64-0 Mike Spiritoso Clemson 1986	64-0 Mike Spiritoso Clemson 1986	58-2 1/2 Carlos Tandon Georgia Tech 1978	71-11 John Brenner UCLA 1984
Discus	212-6 Brad Cooper 1979	211-4 Brad Cooper Bahamas TC 1986	204-10 1/2 Brad Cooper Florida T.C. 1986	198-2 Brad Cooper Florida State 1979	217-11 Mike Bunic Kentucky 1985
Javelin	250-4 Hank Langee 1981	248-5 Tom Pukstys DuPage 1988	248-5 Tom Pukstys DuPage 1988	233-8 Eric Allain Florida State 1977	271-1 Dag Wennlund Texas 1987
High Jump	7-4 1/4 Kenny Smith 1984	7-5 James Barribeau Unattached 1983	7-5 James Barribeau Athletic Attic 1983	7-2 Kenny Smith Florida State 1984 & Paul Wiechern South Carolina 1988	2.39 Hallis Conway Southwestern Louisiana 1989
Long Jump	25-11 1/2 Mark Freeman 1983	27-6 3/4 Larry Myricks Unattached 1982	27-6 Larry Myricks Athletic Attic 1982	25-9 1/2 Jay Pennington Tulane 1983	28-3 1/2 Carl Lewis Houston 1981
Triple Jump	54-2 1/4 Leon Hutchins 1982	54-0 3/4 Charlier Simpkins Liberty Baptist 1984	54-0 3/4 Charlier Simpkins Liberty Baptist 1983	52-3 1/2 Larry Lowe Georgia Tech 1977	58-7 1/4 Charlier Simpkins Liberty Baptist 1985
Decathlon	7,612 Rohn Stark 1981	7,873 Kevin McGorty Unattached 1990	7,873 Kevin McGorty Unattached 1990	7,162 Tommy Reither Florida State 1985	8,322 Mike Ramos Washington 1986
Pole Vault	17-6 1/4 Larry Carr 1987	18-13 1/2 Jeff Ward Unattached 1988	18-1 Billy Olson Pacific Coast Club 1983	17-2 Larry Carr Florida State 1987	19-2 1/4 Joe Dial Oklahoma State 1985

Florida State TRACK TRADITION

NCAA CHAMPIONS



DANNY SMITH
60 yd.HH
(7.1)
1974 & 1975

In 1975, Danny Smith became the first person to win the NCAA Indoor Championships in the 60 yd. high hurdles two years in a row. Including trials and finals over three years, Smith won 11 of 12 races, placing second to Olympic champion Rod Milburn in 1973.



WALTER McCOY
600 yd. run
(1:09.6)
1978

McCoy's upset victory as a freshman was only a tenth of a second off the NCAA meet record of 1:09.5 set by Olympian and world record holder Rick Wolhuter.



BRADLEY COOPER
Discus
(212-6)
1979

Cooper's victory established a new NCAA meet record and climaxed an undefeated senior year. His record throw was the second longest in collegiate history.



MIKE ROBERSON
200 Meters
(19.96)
1980

Roberson saved his greatest collegiate race for last. After three races in the 4x400 relay (which placed third) and three races in the 100 meters where he finished second, he became the first human in history to break 20 seconds for 200 meters at sea level, finally winning an NCAA championship in the race he loved most.



(RON NELSON), REGGIE ROSS, MELFORD BOODIE, PALMER SIMMONS, WALTER McCOY

Mile Relay (3:16.7) 1980

Lead-off runner Nelson suffered a severe hamstring strain during the qualifying race, but even so the Seminoles were the fastest qualifier. Boodie flew in the next morning and Ross replaced Nelson as the lead off man. McCoy's come-from-behind anchor leg was the fastest of the meet and brought FSU victory.

HALL OF FAME



KEN MISNER
Elected 1977

The team captain of the 1970 and 1971 Seminoles, Misner specialized in distance events. He earned All-American status in two sports (track and cross country). Misner first made All-American in 1969 in cross country and repeated that honor in 1970. The following year, he was All-American in both the three and six miles runs. Misner at one time held school records in the indoor two mile run, as well as the outdoor 2, 3 and 6 mile events.



MIKE LONG
Elected 1978

One of the most prolific coaches in the history of the sport, Mike Long headed the Florida State track and field program for 23 seasons. During that time, Long recorded a won-lost record of 145-51 and had only one losing season. He coached five undefeated teams at FSU and five others that lost only once. He coached 14 athletes who garnered 26 All-American titles.



MIKE KELLY
Elected 1979

An outstanding hurdler for Florida State in the late sixties, Kelly earned All-America honors in both the 120 yard high hurdles and the 440-yard IM hurdles. His combined time of 63.9 in those two events set a world mark that stood for seven years.



MIKE CONLEY
Elected 1980

As a member of Florida State's track team, Conley was one of the South's most dominating runner from 1956-58. During his junior and senior seasons, he went undefeated in the one mile run. So dominating was Conley that his time of 4:05.7 in the mile run at the Meet of Champions in Houston (1958) would set a Florida State school record that stood for 16 years.



DANNY SMITH
Elected 1981

A three-time All-American in the hurdles, Smith at one time was co-holder of the world record in the indoor 50-yard hurdles. In 1974-75 Smith became the first athlete in NCAA history to claim back-to-back NCAA Championships in the indoor hurdles. A former world and NCAA record holder, Smith finished his career at FSU with seven university records to his credit.



BRADLEY COOPER
Elected 1984

Florida State's greatest field event performer came to Tallahassee from the Bahamas. In 1978, his junior year, Cooper won All-American honors by finishing fourth in the NCAA discus competition with a throw of 189 feet. His senior year, Cooper became FSU's first NCAA record-holder in track and field when he won the NCAA Championship discus event with a throw of 212-6. That mark stood for four years. Cooper, the co-captain of the 1979 track and field team, also holds the second best shot put mark in FSU history at 60-2.



MIKE ROBERSON
Elected 1985

A world class sprinter all four years (1976-1980) at Florida State, Mike Roberson set records at all levels of competition. He set FSU indoor and outdoor marks in the 60, 100 and 200, and Metro Conference records in the 100 and 200. Roberson won a gold medal in the 100 at the World University Games, and was a member of the gold medal winning 400 meter relay team in the Pan American Games.

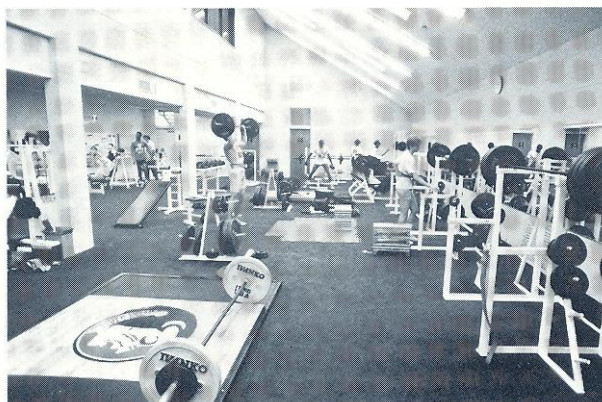
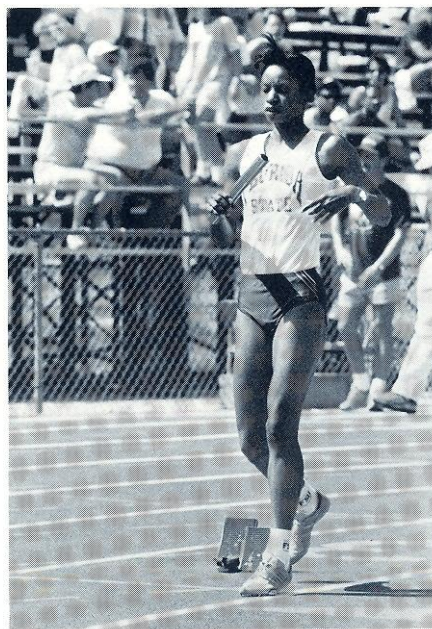
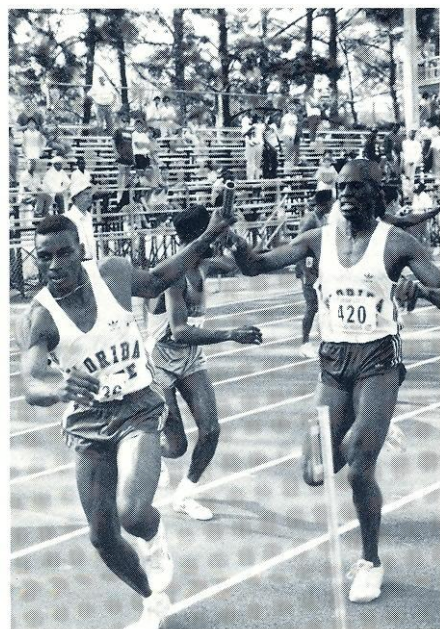
In 1980, FSU's greatest team, led by Roberson, finished third in the nation. He won the NCAA 200 meter championship in 19.6, becoming the first human in history to break 20-seconds at sea level. He also picked up second place in the 100 and was a member of FSU's third place 400 meter relay.



WALTER McCOY
Elected 1986

Upon his arrival at Florida State from Daytona Beach in 1978, Walter McCoy started setting records for the Seminoles. As a freshman, he was the NCAA's 600 yard indoor champion, finishing the race in 1:09.6 just one tenth of a second off the NCAA meet record held by Olympian Rick Wolhuter. McCoy captained Florida State during his final season and set the school and Metro Conference 400 meter dash records, both of which still stand today. The 12-time All-American was a member of the U.S. Olympic team and won a gold medal as a member of the 400 meter relay.

A WORLD CLASS ENVIRONMENT



Florida State boasts a world class track environment. Over the years, Seminole athletes have produced some world class performances.

Both the FSU men's and women's programs are perennial national powers. The men's team has won 13 consecutive Metro Conference Championships while the women have reached the nation's Top 10 in seven of the last nine years and last season captured the first ever Metro Conference Women's Championship. Their NCAA finishes include two national championships, two runner-up trophies and a pair of third-places.

In the summer of 1988, Florida State's Arthur Blake advanced FSU's world class reputation as he represented the United States at the Summer Olympics in Seoul, South Korea. Blake reached the finals of his event, the 110 meter high hurdles and is recognized world-wide as one of the nation's elite hurdlers. Blake is just the latest in a long line of FSU track athletes who have gone on to success on the national and international levels.

Much of the program's success goes to the Seminole coaching staff, which can claim over 50 years of collegiate coaching experience. The staff has helped to develop hundreds of All-American performers and even an Olympic gold medalist.

Florida State athletes train at facilities which are among the most modern in the nation. The 5,000 seat Mike Long Track is the site of five major meets during the outdoor season and features the same surface used at the 1988 Summer Olympics.

A Florida State experience prepares an athlete for the future.

"Running track at Florida State definitely helped me make it to the Olympics," said Walter McCoy, a 1984 Olympic gold medalist. "I can travel anywhere and people recognize the quality of the Florida State academic and track programs. I still train at FSU because the facilities and the coaches are great."



THIS IS Florida State

Florida State University, expanding on its longstanding reputation in the performing arts, will soon be the professional training ground for one of the state's fastest growing industries—the motion picture and television industry.

Keeping pace with professional film studios opening this year in Florida, FSU is embarking on a new project that will eventually train 150 graduate and undergraduate students each year—putting jobs in Florida films in the hands of Florida residents. Admitting its first students this fall, the new School of Motion Picture, Television and Recording Arts will offer a bachelor of fine arts degree program in film production and management at the Tallahassee campus and a master of fine arts degree program at the FSU Motion Picture, Television and Recording Arts Conservatory at the Asolo Performing Arts Center in Sarasota.

Florida State's entry into film education complements both its commitment to nationally respected programs in music, dance and theater, led by highly credited faculty and well-known professional artists-in-residence, and to its high standing as a research institution.

Florida State is a public, coeducational university with more than 26,000 students enrolled. A senior member of the State University System, FSU was founded in 1851 by a legislative act that provided for two institutions of higher learning, one east and one west of the Suwannee River, and began operating in Tallahassee with its first students in 1857.

Today, the main campus is spread over 347 acres in Tallahassee; the University owns a total of 1,167 acres in Leon, Bay and Franklin counties.

Florida State's operating budget is \$323 million. Faculty and administrators generate more than \$50 million annually in external funding to supplement state sponsored research, and the private, non-profit FSU Foundation raised \$15 million in private gifts during the past fiscal year to support academics.

The University's academic programs are divided among eight colleges—Arts and Sciences, Business, Communication, Education, Engineering, Human Sciences (formally Home Economics), Law and Social Sciences and seven schools—Criminology, Library and Information Studies, Music, Nursing, Social Work, Theatre, and Visual Arts and Dance. FSU offers more than 275 graduate and undergraduate degree programs.

With 1,450 members, the FSU faculty boasts renowned scholars, and has included four Nobel laureates. It currently includes four members of the National Academy of Sciences and four members of the American Academy of Arts and Sciences. The faculty is backed by 1,750 administrative, professional and support staffers.

Library holdings at Florida State include 1.7 million book titles, 18,000 serials, and 3.1 million microforms. The main library facility, the Robert M. Strozier Library, is linked via a computerized information system to other campus libraries and other state university research centers, as

well as to the nation's outstanding research centers. Opened in fall 1988, the Paul A.M. Dirac Science Center Library places scientific library resources close by the university's main science research complex.

On the top floor of the Dirac Library is the Supercomputer Computations Research Institute, a multidisciplinary program that brings together some 50 scientists, engineers and technicians to develop computational techniques using high-performance computers. Electronically linked to an off-campus research complex, SCRI is home to two of the world's fastest and most powerful supercomputers including the ETA10, which is capable of performing 10 billion calculations per second. Faculty members and graduate students in a variety of disciplines, as well as visitors from other universities around the world, are attracted to the research possibilities of these computing dynamos. Examples of supercomputing applications are underground pollution studies, weather forecasting, the motion of DNA molecules, and probabilities in the the state lottery.

Also providing unique research opportunities is the Tandem Van de Graaff Superconducting Accelerator Laboratory in the department of physics. It houses two powerful atom smashers and is ranked among the top four such laboratories in the nation by the National Science Foundation.

FSU extends its reach far outside of Florida by means of international study programs in England, Italy, Switzerland, Yugoslavia, France, Panama, Costa Rica and the West Indies. Within the state, it spreads 45 miles south to its marine laboratory on the Gulf of Mexico, west to its 20 acre campus in Panama City, and south to its professional programs at the Asolo State Theater in Sarasota and the Burt Reynolds Institute for Theatre Training in Jupiter.

The Center for Professional Development and Public Service, housed in the Florida State Conference Center located on the edge of the main campus, last year extended the University's services in credit and non-credit continuing education activities to 78,000 participants from Pensacola to Miami.

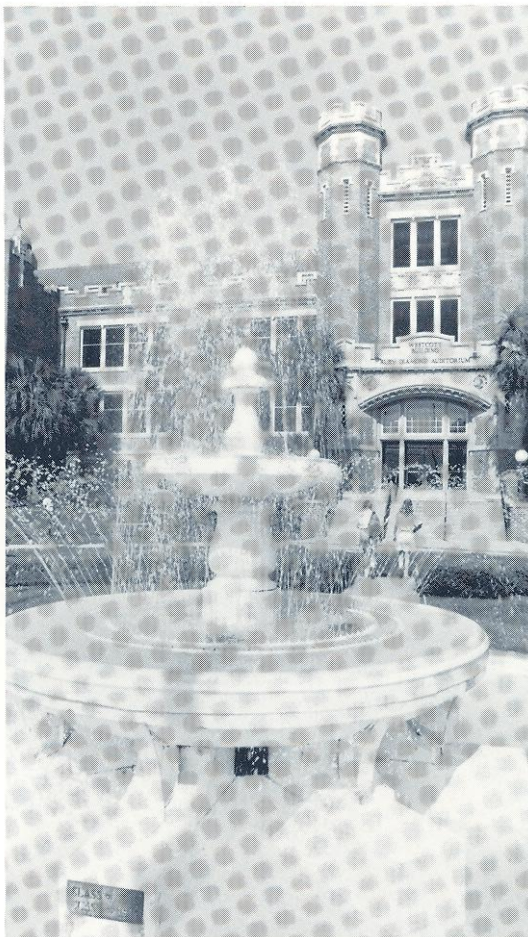
Recent growth during Dr. Bernard F. Slinger's 12-year presidency at FSU includes the student union complex expansion, the building for the joint Florida A&M University/Florida State University College of Engineering, the Village Green project at the College of Law, and the new FSU Panama City Campus, which offers students in Florida's Panhandle the opportunity to pursue bachelor's and master's degrees. Recent renovation projects include the Westcott building, Ruby Diamond Auditorium, and Dodd and Bryan halls. Currently under construction is a new student recreation center.

The needs and interests of all its students rate high on the priority list at Florida State. Recognized as one of the nation's top universities in minority retention, FSU is among the 22 percent of colleges and universities that account for nearly 80 percent of all bachelor's degrees awarded to minority students. Indeed, Florida State's performance in retaining black students has been such that the University was selected by the U.S. Department of Education for a study of successful minority-retention policies and practices.

The one-of-a-kind, all-collegiate Flying High Circus, where students in every major may become stars on the high wire or trapeze, is but one of many extracurricular activities available to students at Florida State. The Honors and Scholars program, student government and intramural sports are among more than 200 organizations in which students can participate. Additionally, programs such as the FSU Artist Series and Distinguished Lecture Series, which bring top-caliber performers and well known personalities to the campus serve to broaden the horizons of Florida State students.

Florida State bonds the educational and social aspects of campus life, just as it blends Gothic and modern styles of architecture with oaks, pines, palms, azaleas and dogwoods of North Florida and with the thriving capital city, Florida's hub of state government.

Florida State remains a growing institution—from its roots as the Seminary West of the Suwannee, through the early 20th century as the academically respected Florida State College for Women, to its coeducational status as a university in 1947, and its modern development as an acclaimed research institution, a top-ranked competitor in athletics and as a standard setter in the performing arts. In all areas of teaching, research and service, Florida State University continues to build on its national stature.



A view of the newly renovated Westcott Building and fountain at the entrance of the campus.