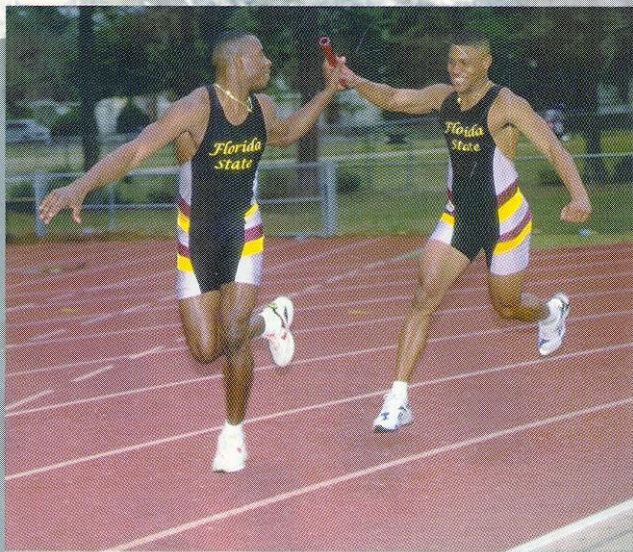
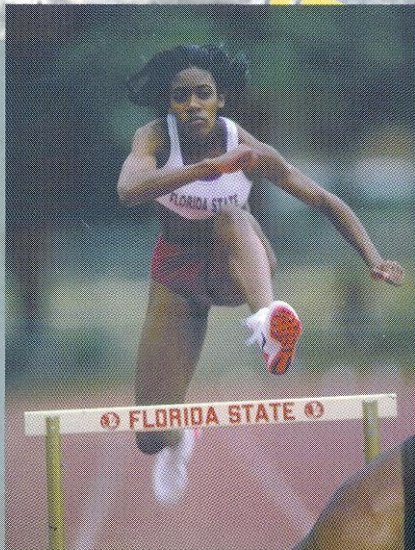


# WRESTLING



# MEDIA INFORMATION

## FLORIDA STATE FACTS

President \_\_\_\_\_ Sandy D'Alemberte  
Location \_\_\_\_\_ Tallahassee, FL  
Enrollment \_\_\_\_\_ 29,000  
Founded \_\_\_\_\_ 1857  
Nickname \_\_\_\_\_ Seminoles  
Colors \_\_\_\_\_ Garnet and Gold  
Conference \_\_\_\_\_ Atlantic Coast  
Facility \_\_\_\_\_ Mike Long Track

## ATHLETIC ADMINISTRATION

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Associate Athletic Director \_\_\_\_\_ Cecile Keynaud  
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Associate Director Phone \_\_\_\_\_ (904) 644-3003  
Associate Director Phone \_\_\_\_\_ (904) 644-1091

## TRACK AND FIELD STAFF

Head Coach \_\_\_\_\_ Terry Long  
Assistant Coaches \_\_\_\_\_ Scott Irving, Kim McKenzie  
Dennis Nobles, Harlis Meaders  
Track and Field Office Phone \_\_\_\_\_ (904) 644-5550

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Sports Information Director \_\_\_\_\_ Rob Wilson  
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## NOTE TO THE MEDIA

Florida State Track and Field meets are held at Mike Long Track on the campus of Florida State University. Members of the media may be seated in the press facility at the south end of the track. If any assistance is needed in covering the Seminoles at home, contact Brent Haley of the FSU Sports Information Office at (904) 644-1403.

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

## CREDITS

Editor – Brent Haley; Writing & Research – Brian Moore, Tracy Hart, Jennifer Heanue; Photography – Ryals Lee, Ross Obley, FSU Photo Lab, Tim Middelkoop; Design – Vision Advertising & Design; Printing – FSU Print Services

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# THIS IS FLORIDA STATE

**FROM ITS BEGINNINGS AS** “The Seminary West of the Suwannee” in 1857, Florida State University has grown to stretch across 418 acres of rolling oak and pine-covered hills to comprise a campus which has educated millions of students over the last century.

Florida State University has boasted a heritage of service and scholarship since the Florida legislature passed an act authorizing two state colleges – one east (now the University of Florida) and one west of the meandering Suwannee River.

Starting with a 130-member coed enrollment in 1857, the Seminary survived the Civil War, reconstruction, radical social changes, and a variety of name changes to emerge as the Florida State College for Women in 1909.

It was converted back into a coed institution in 1947 by a legislature anxious to open up the state’s

educational resources to thousands of degree-seeking ex-GI’s from World War II. It also was granted a new name, “Florida State University.” The University today contrasts vividly with its beginning. Sixteen schools and colleges within the university serve more than 29,000 students who are enrolled in the 275 graduate and undergraduate degree programs, and live and work among 1,558 faculty and 2,915 staff members. About 5,000 degrees are awarded every year.

In the past several years, the University has joined an elite group of institutions in the United States which produce more than 200 doctoral graduates annually. Emphasis on graduate research and study at the University continues to grow, and today more than 4,000 graduate students pursue a variety of degrees.

Student life at Florida State University also offers young people ample opportunity to acquire leadership skills and to apply their classroom learning in student government, residence hall government, Greek social organizations, honors programs, departmental organizations and more than 200 other registered student organizations active on campus. The FSU Artist Series, the Distinguished Lecture Series and outstanding music, theater and dance productions provide enjoyable evenings for the entire community.

Being a student at Florida State University means stepping into a tradition of more than 130 years of higher education. From its Flying High Circus to its Supercomputer Computations Research, Florida State provides a panorama of excitement, blending the educational and social sides of campus life. ■



# HEAD COACH TERRY LONG

**Terry Long**, the 1994 ACC Track and Field Coach of the Year, begins his seventh season as the head coach of both men's and women's track teams. Following in his father's footsteps, Long continues the tradition fifteen seasons after his father, Mike, retired as head coach at Florida State. Long has been associated with the Seminole track program since he was 15 years old, his age when Mike Long began his head coaching legacy at FSU in 1955.

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

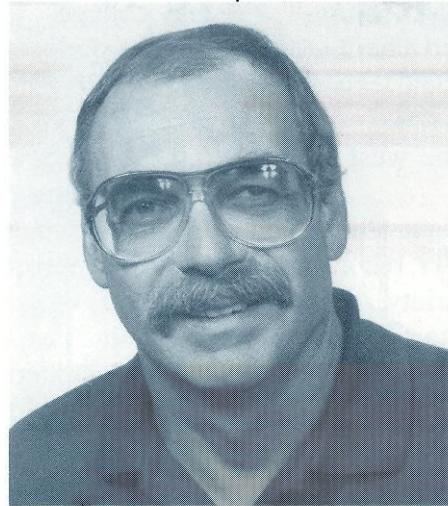
In 1986, Long rejoined Florida State as the head women's track coach and coordinator of both the men's and women's track teams. Following the retirement of men's coach Dick Roberts after the 1988 season, Long became the head coach of both the men's and women's teams.

As head coach and administrator of the program over the past five seasons, Long has continued a strong tradition of track success by the Seminoles' program. He has kept Florida State near the top in collegiate track and field with 31 individual All Americans.

In 1988, Long coached U.S. Olympian Arthur Blake who made the Olympic finals in the 110 high hurdles and is recognized as one of the top hurdlers in the world. Long has also coached national intermediate hurdle champion Kim Batten. Batten was named the TAC Outdoor's meet's most outstanding female after breaking the collegiate record in the 440-hurdles in 1991. In addition to Blake and Batten, Long has coached Olympians Chandra Cheeseborough, Michelle

Finn, Tom Reither, Rey Robinson and Dennis Mitchell.

Long came to Florida State from the University of Florida where he served two seasons as an assistant men's track coach. Long built his reputation as a top track coach during 14 years of coaching at Santa Fe Community College in Gainesville and Seminole Community College in Sanford, Florida.



**TERRY LONG**  
**(FLORIDA STATE '63)**

While serving in the Florida junior college ranks, Long developed literally hundreds of JC All Americans and 56 national junior college champions. His teams won 14 state junior college track and cross country titles. He was named Junior College National Coach of the Year three times. In 1982 and 1983, he guided the Santa Fe CC women's team to back-to-back national championships before moving on to Florida State.

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

The sport of track has certainly been a tradition in the Long family. In addition to Mike Long, for whom Florida State's track facilities are named, his three sons all became coaches. Terry is now head coach at FSU, Jim was an

assistant for the Seminoles and Curtis is 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 the co-chairman of the National Olympic Development Sprint Committee.

Long, 54 has been head coach of the Athletic Attic, Mazda and Bud Lite Track clubs and his indoor

and outdoor teams have won six national TAC championships. In 1988, Long brought the TAC Junior National Meet.

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

## ABOUT COACH LONG

### YEARS AT FLORIDA STATE:

10

### YEARS OF COLLEGIATE COACHING EXPERIENCE:

25

Florida State-Men's and Women's Head Coach (1989-present)

Florida State-Women's Head Coach (1986-88)

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

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

Seminole Community College-Head Coach (1970-82)

### HIGH SCHOOL COACHING EXPERIENCE:

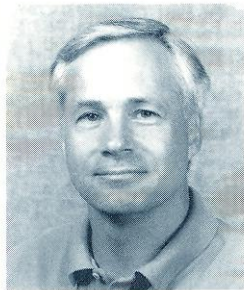
Lakeland High School-Head Track and Cross Country  
(1968-70)

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

# ASSISTANT COACHES

## **SCOTT IRVING** **MIDDLE AND LONG DISTANCE** **(WILLIAMETTE '73)**

**Scott Irving** returns to the Sunshine State after a four year hiatus at the University of Illinois. A veteran coach, Irving enters second season as a member of the Seminole track and field coaching staff. Irving will handle the Tribe middle and long distance runners.



Although a relatively newcomer to Tallahassee, Irving is not new to track and field, or the state of Florida. Coach Irving brings well deserved credentials to Florida State University. He has directed countless conference champions, over 30 NCAA All-Americans, six national champions, numerous national team members and two Olympians, in a coaching career that spans nearly two decades.

Irving began his coaching career in the heart of distance running country at the University of Oregon (1977-83). He received cross country instruction from noted distance coach Bill Dellinger and was assistant track and field coach with the women's program.

Coach Irving's next stint was at the University of Florida (1983-89), where he assisted Dr. Lyle Knudson with the women's cross country program that captured the '85 SEC title. From Florida, Irving joined the Fighting Illini in the fall of '89 as the field events coach/recruiting coordinator.

A recipient of two master's degrees, the 1973 Williamette University graduate places the pursuit of academic excellence an utmost priority. Oregon athletes annually dotted the dean's list. Athletes that were coached or recruited by Irving at Florida made All-SEC Academic teams 40 times. Phenomenally, in two of only four years at Illinois he had athletes awarded the most prestigious accolade, the Big Ten Medal of Honor, for academic/athletic excellence.

Coach Irving also played an instrumental role in the foundations for national championship programs at both Oregon (1985) and Florida (1991).

Irving and his wife, Allyn, have been married for twenty-one years and have two sons, eight year old Shannon and Kevin, four.

## **ABOUT COACH IRVING** **YEARS AT FLORIDA STATE: 2** **YEARS OF COLLEGIATE** **COACHING EXPERIENCE: 18**

University of Oregon-Assistant Coach (1977-83)  
University of Florida-Assistant Coach (1983-89)  
University of Illinois-Assistant Coach (1989-93)  
Florida State-Assistant Coach (1993-present)

**COLLEGIATE TRACK EXPERIENCE:**  
Williamette University-Distance (1970-73)

## **KIM McKENZIE** **ASSISTANT COACH/SPRINTS** **(PACIFIC WESTERN '94)**

**Kim McKenzie** begins her eighth season on the Florida State staff in 1995. The former Olympian bronze medalist began her coaching career in 1987 as a volunteer assistant while training for the '88 Olympic 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 three seasons. She currently competes for the Mazda Track Club.

Kim was the top scorer in the high hurdles during the 1991 Grand Prix season. In 1992, she was a finalist on the Mobil Grand Prix circuit. McKenzie also finished fifth in the 100 meter high hurdles at the World Cup championships last year.

A native of Detroit, Michigan, McKenzie has an extensive background in national and international track. In 1990, she set the American record in the 50 meter hurdles in an indoor meet in Canada. In addition, McKenzie was the NCAA Champion in the 100 meter hurdles in 1983, her junior season at Texas El Paso. McKenzie also captured a silver medal at the Pan Am Games in the 100 meter hurdles.

McKenzie has a son, Leander, 9.

## **ABOUT COACH McKENZIE**

**YEARS AT FLORIDA STATE: 8**

**YEARS OF COLLEGIATE**

**COACHING EXPERIENCE: 8**

Florida State-Assistant Coach (1987-present)

**COLLEGIATE TRACK EXPERIENCE:**

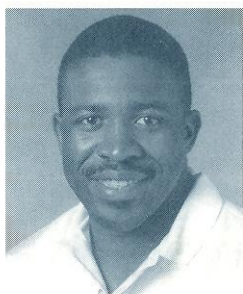
Texas El Paso-Sprints, hurdles (1980-84)

## **HARLIS MEADERS**

**ASSISTANT COACH/THROWS**

**(UNIVERSITY OF NORTH CAROLINA '92)**

**Harlis Meaders** enters his first season on the Florida State coaching staff as throws coach. Meaders, a high school All-American in 1988, competed on the collegiate level at the University of North Carolina in Chapel Hill.



His collegiate track experience includes the shot put, the 35lb weight throw and the discus. While at UNC, Meaders was a three time individual ACC champion and made a significant contribution to the 1992 outdoor ACC championship team. Meaders was also a NCAA qualifier in the discus throw and qualified for the 1992 Olympic trials.

Meaders currently holds the school record in the discus throw at North Carolina.

Meaders comes to Florida State by way of Western Carolina University where he served as assistant track and field coach for three years and obtained his masters degree in physical education.

While at Western Carolina, Meaders coached three Southern Conference Champions and several other all-conference athletes in the throwing events for both men and women. Meaders helped the men and women programs obtain their highest place finishes ever in the Southern Conference.

## **ABOUT COACH MEADERS**

**YEARS AT FLORIDA STATE: 1**

**YEARS OF COLLEGIATE**

**COACHING EXPERIENCE: 4**

Florida State-Assistant Coach (1995-present)

Western Carolina University-Assistant Coach  
(1992-94)

**COLLEGIATE TRACK EXPERIENCE:**

University of North Carolina, shot put,  
weight throw, discus (1988-92)

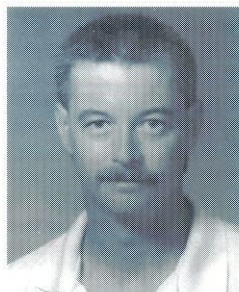
## **DENNIS NOBLES**

**ASSISTANT COACH/POLE VAULT,**

**JAVELIN, HIGH JUMP**

**(FLORIDA STATE '82)**

**Dennis Nobles** enters his ninth year with the Seminole track and field staff and has developed into one of the top coaches in the field. A pole vaulter on FSU's track team from 1979-81, Nobles graduated cum laude from Florida State's School of Physical Education. He went on to obtain his master's degree from FSU in Exercise Physiology in 1983.



Following graduation from Florida State, he began his coaching career at Wayland Baptist College, an NAIA track powerhouse in

Plainview, Texas.

While there, he coached 17 All-Americans, two national champions, a pair of Olympic qualifiers and a national record holder. He also led the school to a national championship and two-runner up finishes. He returned to his alma mater in 1985 to accept a position as assistant coach. Nobles has since coached several All-Americans, another Olympian and a world record holder. He is currently working towards his PH.D in Athletic Administration.

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

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

## **ABOUT COACH NOBLES**

**YEARS AT FLORIDA STATE: 9**

**YEARS OF COLLEGIATE**

**COACHING EXPERIENCE: 11**

Florida State-Assistant Coach (1985-present)

Wayland Baptist-Assistant Coach (1984-85)

**COLLEGIATE TRACK EXPERIENCE:**

Florida State-Pole vault (1979-81)

# '95 MEN'S PREVIEW

**The Florida State Seminoles** are coming off their best finish ever at the ACC indoor and outdoor championships and are looking to continue their momentum into the 1995 seasons. If the 'Noles are to defend their ACC indoor championship and move up from second to first at the conference outdoor meet Coach Mike Long's squad will have to do it without three departed All-Americans. Three time All-Americans Jeff Bray and Marcus Dixon as well as two time All-American Kelsey Nash completed their eligibility last year. The departure of these three men means that their only four All-Americans left, so the cupboard is obviously not bare.

All-Americans Kevin Ansley and Jonathan Carter lead a strong group of sprinters in 1995. Ansley finished second in both the 200 and 400 meters at the ACC outdoor championships and finished fifth in the 400 at the NCAA meet in Boise, Idaho. He is the number one returning quarter miler in the ACC after the graduation of NCAA champion Derek Mills of Georgia Tech. Carter is the defending ACC champion in the 100 meters with a time of 10.44. He has a personal best of 10.19. He and Ansley are the only returnees on the Seminole 4x100 meter relay team that finished seventh at last year's NCAA championships. Other returning sprinters include football players Philip Riley and Warrick Dunn. These four will probably make up the 4x100 relay for the 'Noles. Newcomers to the FSU sprint ranks will be Patrick Hayes and Cleon Blake, both are 100 and 200 meter runners. Hayes was a four time Louisiana state champion in the 200 and added the 100 meter state championship his senior year. Blake is the cousin of former FSU standout Sheryl Covington.

The hurdling Seminoles will be led by NCAA 55 meter hurdles runner-up Philip Riley. He qualified for both the hurdles and the 55 meter dash at the NCAA indoor championship and the 110 high hurdles at the NCAA outdoor meet. His ACC 110 high hurdles winning time of 13.71 is the sixth fastest in FSU history. All-American 400 intermediate hurdler John Rothell returns after finishing 8th at the outdoor NCAA meet last year. He finished third in that event at the ACC outdoor meet. His winning time of 49.99 at the Seminole Twilight meet is tied for second on the FSU all-

time list. Returning ACC point scorers Tim Franklin (400 IH) and Don West (110 HH) will join freshman Eric Lucas to round out a solid but thin hurdling corps.

National qualifier Mark Gray (800) returns to help a young but determined distance brigade face the ACC. Tim Middelkoop will be looking to improve on his third place finish in the 800 meters from a year ago and make it to the nationals this year. Veteran ACC point scorer Mike Hampton (1500, 5000) returns for his final season with the 'Noles. Redshirt freshmen Anton Kelly (800) and David Ogletree (1500) will improve the Seminole distance fortunes greatly.

The departure of Jeff Bray and Kelsey Nash is certainly going to change the outlook of the jumps this season. The high jumpers return ACC point scorer Jason Costner for his sophomore season and add redshirt freshman Hunter Glaum and true freshman Chris Osborne. The pole vaulters will be led by Golden Torch Award winner Bryn Wells and will include Steve Saunders and redshirt freshmen Ignacio Garcia, Dee Grist and Brian Till. The long and triple jumpers are also very young but showing signs of challenging for the upper echelon of the ACC. The group is led by redshirt freshmen David McIntyre and Oscar Robinson but also includes freshman Patrick Hayes.

The strongest part of the Seminoles' field events may be the throws. The throwers led the way last year sweeping the top two places at the ACC outdoor championship in the shot put and javelin. Returning shot put champ Ryan Carson (SP & DT) and runner-up Marc Anderson (SP) are joined by sophomore Tony Sasso (WT, SP, & DT) and freshman Greg Jack (SP, DT, & JT) to give the Seminoles a powerful 1-2-3-4 punch in the shot and discus. Returning ACC champ and new FSU school record holder in the javelin Lou Angelo and runner-up Justin Johnston along with the addition of Greg Jack give FSU three potential NCAA qualifiers in the event.

The core of outstanding athletes is present for the men to make a bid for the ACC indoor and outdoor crowns. However, it will depend on the newcomers and the underclassmen to decide whether or not they reach their goals of making a run at the NCAA championships. ■

# '95 MEN'S ROSTER

NAME	EVENT	CL	HOMETOWN	NAME	EVENT	CL	HOMETOWN
Lou Angelo	J	SR	Pittsburgh, PA	Justin Johnson	T	SO	Belgrade, MT
Marc Anderson	T	SR	Westerville, OH	Anton Kelly	MD	SO	Tallahassee, FL
Kevin Ansley	S	SR	Live Oak, FL	Eric Lucas	H	SO	Tallahassee, FL
Cleon Blake	S	FR	Winter Haven, FL	Brian Lucyk	D	FR	Longwood, FL
Byron Capers	S	JR	Marietta, GA	Tim Middelkoop	MD	JR	Toronto, Ontario
Ryan Carson	T	SR	Sarasota, FL	David Ogletree	D	SO	Tallahassee, FL
Jonathan Carter	S	SR	Fort Lauderdale, FL	Chris Osborne	HJ	FR	Lantana, FL
Jason Costner	HJ	JR	Lakeland, FL	Ian Potter	D	SO	Hamilton, Ontario
Warrick Dunn	S	SO	Baton Rouge, LA	Oscar Robinson	J	SO	St. Petersburg, FL
Tim Franklin	H	JR	Signal Mountain, TN	Phillip Riley	H	SR	Orlando, FL
Ignacio Garcia	PV	SO	Altamonte Springs, FL	John Rothell	H	SR	Titusville, FL
Mark Grey	MD	SR	St. Elizabeth, Jamaica	Anthony Sasso	T	SO	Cape Coral, FL
Richard Grist	PV	SO	Blakely, GA	Brian Till	PV	SO	Kissimmee, FL
Mike Hampton	MD	SR	Punxsutawney, PA	Anthony Washington	J	SO	Lake Brantley, FL
Patrick Hayes	S	FR	Bunkie, LA	Donald West	H	SR	Huntsville, AL
Greg Jack	T	FR	Ottawa, Canada				

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



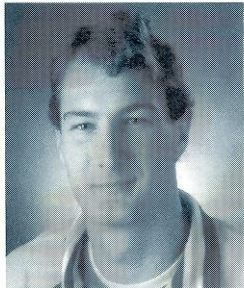


# '95 MEN'S BIOS

## ☆ ALL-AMERICAN ☆ LOU ANGELO

SENIOR, PITTSBURGH, PA  
(BALDWIN-WHITEHALL HS)  
COLLEGIATE BESTS: JAVELIN (233-10)

Expects to repeat last seasons All- American performance...coaches consider him among the top five javelin throwers in the nation...



Track & Field News ranks him ninth nationally in preseason...will be counted on for senior leadership...**1994:** ACC champion javelin thrower...set his collegiate best javelin throw of 233'-10" at the Griffin Invitational...favorite again to win ACC javelin championship...**Prep:** second in the state of

Pennsylvania in the javelin as a senior at Baldwin-Whitehall High School...**Personal:** majoring in English Education.

## MARC ANDERSON

SENIOR, WESTERVILLE, OH (ALLIANCE HS)  
COLLEGIATE BESTS: SHOT PUT (55-5),  
HAMMER (114-5)

After earning a runner-up spot in conference competition, the enthusiastic senior should challenge for the



outdoor shotput title again in '95...**1994:** set his collegiate best shot put of 55-5 during the ACC Outdoors Championships...**1993:** finished third at the ACC Outdoors in the shot with a throw of 52' 11"... went 52 feet with the shot in his second best performance of the year at the Springtime Invitational...

**Prep:** three time All-Ohio shot put performer...**Personal:** a secondary math education major...born January 1, 1972.

## ☆ ALL-AMERICAN ☆ KEVIN ANSLEY

SENIOR, LIVE OAK, FL (SUWANNEE HS)  
COLLEGIATE BESTS: 200M (20.77), 400M  
(45.68)

One of the conference's premier track and field athletes...returning All-



American...Track & Field News has him preseason ranked eighth nationally in the 400m... outstanding competitor...**1994:** Collected All-American status for the second consecutive season in the 4x100 meter relay...saved his strongest showing for last when he set his collegiate best 400-m run of 45.68

during the NCAA Outdoor Championships...ACC Outdoor runner-up in both the 200m (20.77) and 400m (45.73)...**1993:** Placed third at the ACC Indoors with an FSU indoor record time of 46.73...took fourth in the conference outdoors in the 400 in 46.72...participated in the NCAA Indoor Championships in Indianapolis despite being slowed by injuries all year...**1992:** an NCAA provisional qualifier...finished fourth at the ACC meet in a season best 46.26...**Prep:** the 1991 State Champ in the 400m for Suwannee High...also a Golden South Champion...named Florida's top sprinter in 1991...**Personal:** a criminology major...born October 23, 1972.

## CLEON BLAKE

FRESHMAN, WINTER HAVEN, FL  
(WINTER HAVEN HS)



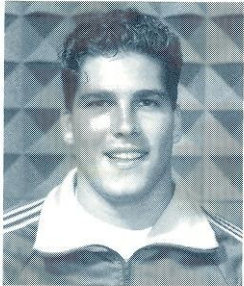
Talented freshman who has shown outstanding ability in workouts... should contribute in sprint relays as well as open sprint races...**Prep:** Ranked in the top 10 nationally in the 200 meters while at Winter Haven High School...finished third in the 5A state meet in both 100 and 200 meters...anchored 4x100 relay which was ranked second nation-

ally and won the Golden West Invitational...**Personal:** undecided on a major...born October 14, 1975.

## RYAN CARSON

SENIOR, SARASOTA, FL (RIVERVIEW HS)  
COLLEGIATE BESTS: SHOT PUT (56-4.75),  
DISCUS (167-2)

Returns as last season's best thrower for the Seminoles...expected to add the conference discus title in '95...**1994:** extended his collegiate best discus throw by nearly 4 feet...conference champion in the outdoor shot put...**1993:** had a third place showing at the ACC indoors in the shot...placed fifth at the ACC Outdoor meet in both the shot and discus...**1992:** placed fifth in the discus and sixth in the shot at the ACC meet...**Prep:** a third place finisher at the state meet both his junior and senior seasons...named honorable mention All-American...**Personal:** a finance major...born December 14, 1972.



## ☆ ALL-AMERICAN ☆ JONATHAN CARTER

SENIOR, FORT LAUDERDALE, FL (DILLARD HS)  
COLLEGIATE BESTS: 55M (6.22), 100M  
(10.19), 200M (21.23)

Senior leader of a talented Seminole sprint corp...one of the conference's top sprinters...returning ACC 200m indoor and 100m outdoor champion...member of 4x100 team which is preseason ranked sixth by Track & Field News...**1994:** ACC indoor champion in the 200m (21.69)...conference champion in the 100m outdoor (10.44)...ran on the 4x100m team that posted the top



collegiate outdoor time at 39.64...**1993:** placed third at the ACC Indoors in the 55 meters (6.24) and fourth in the 200 meters (21.44)...qualified for the NCAA Indoor field in the 55 meters but failed to advance after running a 6.48 in the opening round...finished third and sixth at the ACC outdoors in the 100 and 200 meters respectively...

ran a career best 10.19 in the 100 at the Run-Tex Invitational to automatically qualify for the NCAA Outdoors...clocked a 10.46 and was eliminated after the preliminaries at the NAAs...**1992:** redshirted during the outdoor season after suffering a foot injury...**Prep:** anchored Florida's fastest 4x100 relay team ever (40.8)...state champion in the 100 meter dash as a senior at Fort Lauderdale's Dillard High School...**Personal:** a communications major...born May 5, 1972.

## JASON COSTNER

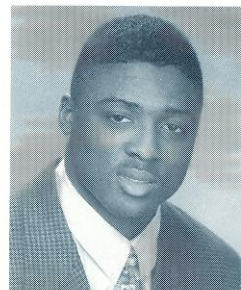
JUNIOR, LAKELAND, FL  
(LAKELAND CHRISTIAN HS)  
COLLEGIATE BESTS: HIGH JUMP (6-10.75)

Talented high jumper who could become one of the ACC's best with continued improvement...**1994:** jumped collegiate best 6-10<sup>3</sup>/<sub>4</sub> at FSU Relays...high jumped 6-9<sup>3</sup>/<sub>4</sub> finishing 7th at ACC indoor championships...**1993:** competed in two events (Florida Classic and Barnett Bank Invitational) during the indoor season...jumped 6-6 at both meets...redshirted during the outdoor season...**Prep:** All-Conference selection at Lakeland Christian High School...conference, district, and state champion in the high jump during his senior year...Junior Olympic qualifier...**Personal:** majoring in art...born December 1, 1973.



## WARRICK DUNN

SOPHOMORE, BATON ROUGE, LA  
(CATHOLIC HS)



One of the ACC's most gifted athletes...potential qualifier for NAAs...one of the conference's top sprinters when healthy...also starting tailback in football where he gained over 1,000 yards rushing and was the 1995 Sugar Bowl MVP...**1994:** Finished 1st in the 55m at the U.S. Mobil Indoor

Championships...did not place at either the ACC or NCAA Championships, due to a hamstring injury...**Prep:** Louisiana state champion in the 100 meter dash as a senior at Catholic High School in Baton Rouge...ran for 1,187 yards and accounted for 17 touchdowns as a senior while playing quarterback...**Personal:** undecided on a major...born January 5, 1975.

## TIM FRANKLIN

JUNIOR, CHATTANOOGA, TN (MCCALLIE HS)  
COLLEGIATE BESTS: 400IH (51.74)

Steadily improving athlete who appears ready to challenge for conference supremacy in 400m hurdles...versatile athlete...**1994:** ran collegiate best 51.74 at ACC outdoor championships in finishing



5th...finished 3rd at US West Indoor Invitational in the 400m (49.48)...long jumped 21-0 at same meet...**1993:** made a good showing at the ACC Championships by finishing third in the 400 intermediate hurdles (52.71)...ran a season and career best 52.21 and placed first in the 400 intermediate hurdles

at the Don Kirby Memorial...saw action as a sprinter during the indoor season by running the 200 and 400 meter dashes...**1992:** redshirted during the outdoor season...**Prep:** an All-City performer for three years at McCallie High School...also an All-State selection for three straight years...holds five McCallie records...**Personal:** plans to dual major in biology and chemistry...born May 17, 1973.

## MARK GREY

**SENIOR, ST. ELIZABETH, JAMAICA  
(ST. ELIZABETH TECHNICAL HS)  
COLLEGIATE BESTS: 800M (1:47.89),  
400M (48.02)**

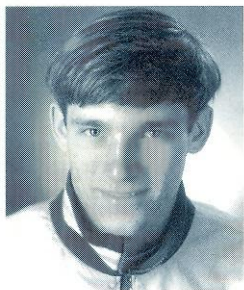
Returning NCAA qualifier in the 800m...talented and versatile middle distance runner...former transfer from

Coffeyville (KS) Junior College...can run effectively from 400 meters through the mile...**1994:** Conference runner-up in indoor 800m championships (1:52.25)...finished 6th in the outdoor 800m (1:50.35)...ran season best 48.02 in 400m while finishing 4th at the Spring Time Classic...**Prep:** outstanding high school runner at St.

Elizabeth Technical High School in St. Elizabeth, Jamaica...**Personal:** computer science major...born January 18, 1971.

## RICHARD GRIST

**SOPHOMORE, BLAKELY, GA  
(EARLY COUNTY HS)**



Has shown outstanding ability and potential in pole vault...young, improving pole vaulter with a bright future in the Seminole track and field program...should score at ACC Championships...**1994:** vaulted 14-9 at the ACC Indoor Championships to finish 9th...

**Prep:** all-conference and all-state pick while at Early County high School...**Personal:** majoring in business

## MIKE HAMPTON

**SENIOR, PUNXSUTWNEY, PA  
(PUNXSUTWNEY HS)  
COLLEGIATE BESTS: 800M (1:51.20),  
1500M (3:49.21)**

One of Florida State's top distance runners...should score at ACC Championships...counted on for senior leadership...**1994:** FSU Relays 1500m champion (3:51.54)...finished second in the 800m in same meet

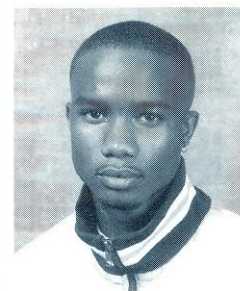
(1:53.07)...finished 6th at ACC Outdoors in 1500m (3:52.30)...**1993:** placed eighth in the 1500 meters at the ACC Outdoors a year ago...best time of the year was a 3:49.21 in the 1500 at the Gator Twilights...ran in just one indoor meet, the Florida Invitational...**1992:** spent the outdoor season as a redshirt due to illness...

**1991:** finished third in 1500 meter run at Metro to complete a threeman sweep of the event for FSU...**Prep:** ran the second best 1500 prep in the nation for 1990 (3:50.1)...a high school All-American...two time Pennsylvania state champion in the mile...**Personal:** a communications major...born January 28, 1972.



## PATRICK HAYES

**FRESHMAN, BUNKIE, LOUISIANA  
(BUNKIE HS)**



One of the ACC's top newcomers...has shown outstanding ability in sprints and long jump during preseason...**Prep:** Four time Louisiana state 200 meter champion and twice state 100 meter champion...state champ in the 55 meters and held the second fastest time nationally in the 55

meters...**Personal:** born March 13, 1976.

**GREG JACK**  
**FRESHMAN, OTTAWA, CANADA**

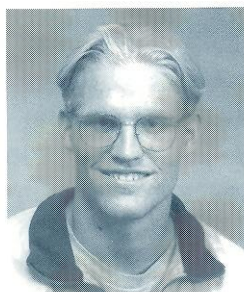


Talented freshman who should have an immediate impact on the conferece in the shot, discus and javelin...**Prep:** ranked in Canada's top 15 in the shot, discus and javelin...member of Canadian junior team in discus and javelin...**Personal:** plans to major in physical education...born September

12, 1975.

**JUSTIN JOHNSON**  
**SOPHOMORE, BELGRADE, MT (BELGRADE HS)**  
**COLLEGIATE BEST: JAVELIN (200-9)**

One of the ACC's top javelin throwers...teams with Lou Angelo to give Florida State one of the top javelin tandems in the country...has shown ability to be an NCAA qualifier when healthy...**1994:** Conference runner-up in the javelin (199-10)...

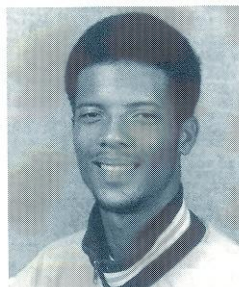


threw for season best 200-9 at FSU Relays to finish 3rd...competed in six events...**Prep:** Montana state high school champion in the javelin...had the second best throw by a prep in the nation last

year...carried a 3.6 GPA throughout high school...a high school All-American...**Personal:** plans to major in biological sciences...born November 24, 1974.

**ANTON KELLY**  
**FRESHMAN, TALLAHASSEE, FL (LINCOLN HS)**

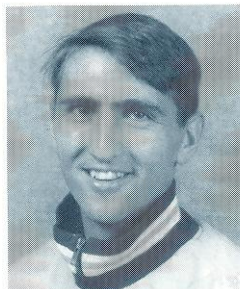
Vastly improving redshirt freshman who has shown great potential by consistently breaking personal best times...should develop into a fine middle distance



runner...expected to continue tradition of fine 800m runners at FSU...**Prep:** Big Bend Track Athlete of the Year as a senior at Lincoln High School...one of the top half milers in the state of Florida as a senior...finished fifth in the 800 meter run at the Class AAAA state high school championships...

**Personal:** plans to major in pre-med...born September 27, 1974.

**BRIAN LUCYK**  
**FRESHMAN, LONGWOOD, FL (LAKE BRANTLEY)**



Redshirt freshman who is one of the team's top distance runners... Florida State's top cross country runner last fall...ran first for the Seminoles on three occasions including the ACC Championships...**Prep:** Conference and District Champion as a senior at Lake Brantley...received scholar athlete

award as a senior...four-year member of high school honor roll...**Personal:** plans to major in multinational business...born October 11, 1974.

**TIM MIDDELKOOP**  
**SOPHOMORE, TARA, ONTARIO**  
**(CHESLEY DISTRICT HS)**  
**CAREER BESTS: 400M (47.54),**  
**800M (1:49.05)**

One of the top 800m runners in the ACC...Florida State's top middle distance runner...will also be a helpful



addition to the 4x400m relay...**1994:** finished 4th in the ACC Outdoors (1:49.64)...finished fifth in the ACC Indoor (1:53.43)...ran 1:50.57 to win the 800m in the FSU Relays...**1993:** placed third in the ACC Indoor 800 (1:51.12) and sixth in the conference outdoor 800 (1:51.35) placed first at the Gator Twilight in the 800 meters by clock-

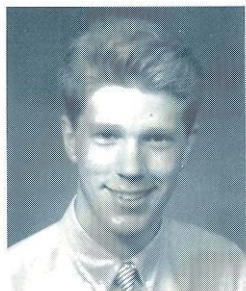
ing in at 1:49.45...**Prep:** took third in both the 400 and 800 meters at the Canadian Junior Nationals in 1990...**Personal:** plans to major in industrial engineering...born April 15, 1972.



## IAN POTTER

**SOPHOMORE, TORONTO, ONTARIO  
(GLOBE COLLEGIATE INSTITUTE HS)  
CAREER BESTS: 800M (1:55.8), 1500M  
(3:59), 3000M (8:33.80)**

Talented distance runner who could move up in distance to the 3000 and 5000m this outdoor season...possible scorer in ACC Outdoor Championships...has been injury plagued during his young career...**1994:** ran 8:33.80 in the 3000m indoors at the Barnett Bank Invitational...ran 4:21.31 at the ACC Indoors and 8:48.47 in the 3000m during an injury plagued...**1993:** competed at four meets during the indoor season...best showing was a fourth place finish in the mile at the Barnett Bank Invitational (4:21.85)...reshirted during the outdoor campaign...**Prep:** placed ninth at the Canadian Junior Championships in cross country...first alternate to the Canadian Junior team...**Personal:** plans on majoring in business...born May 17, 1973.

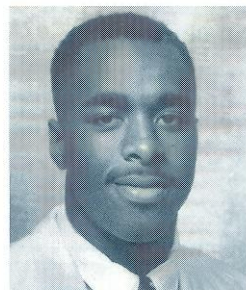


## ☆ ALL-AMERICAN ☆ PHILLIP RILEY

**SENIOR, ORLANDO, FL (JONES HS)  
COLLEGIATE BESTS: 55M (6.13), 55HH  
(7.15), 100M (10.55), 110M-H (13.71)**

One of the finest athletes in Florida State Track and Field history...one of the nation's premier sprint hurdlers...returning Indoor All-American in the 55 meter hurdles where he finished 2nd (7.18)...defending ACC champion in the 55m, and 55 meter hurdles indoors and 110 meter hurdles outdoors...in first meet this indoor season

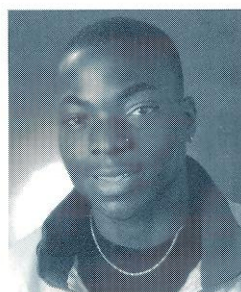
he qualified for NCAA 55 meter hurdles (7.22) after three days of practice...broke a 13-year O'Connor Center record when he ran 6.13 in the 55m...national junior college indoor 55 meter hurdles champion three years ago...wide receiver on the FSU football team...**1994:** Indoor All-American in 55 meter hurdles where he finished 2nd at



NCAAs in 7.18...also an NCAA qualifier in the 55m...ACC indoor champion in 55m (6.19) and 55 meter hurdles (7.19)...conference outdoor champion in the 110 meter hurdles (13.71)...won every indoor meet he competed in (4) with the exception of NCAAs for the

55m and 55 meter hurdles...**1993:** automatically qualified for the NCAA Indoor Championships by clocking a 7.13 55 meter hurdles time at the Barnett Bank Invitational...that time broke the University of Florida's O'Connell Center record previously held by FSU Olympian Arthur Blake and NFL wide receiver Willie Gault...advanced to the semi-finals at the NCAAs but did not finish that race...provisionally qualified for the 55 meter dash but did not compete...**Prep:** state champion in both the 110m and 300m hurdles as a junior at Orlando's Jones High School...the third-fastest high school senior in the country...Parade All-American as a wide receiver...**Personal:** majoring in social science...born September 24, 1972.

## OSCAR ROBINSON SOPHOMORE, ST. PETERSBURG, FL



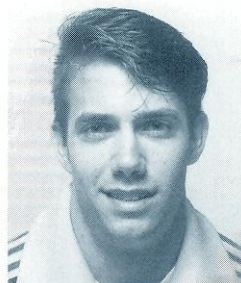
Vastly improved long and triple jumper...has potential to score in conference championships...looks to continue improvement...**Prep:** chosen All-Pinellas County following his junior and senior years...**Personal:** an engineering major...born March 2, 1975.

## ☆ ALL-AMERICAN ☆ JOHN ROTHELL

**SENIOR, TITUSVILLE, FL (ASTRONAUT HS)  
COLLEGIATE BESTS: 400M INTERMEDIATE  
HURDLES (49.99)**

One of the top 400 intermediate hurdlers in the country where he achieved All-American status last spring...appears ready to challenge the nation's best this spring...ranked 7th nationally by Track & Field News preseason outdoor...**1994:** placed eighth in the NCAA's in the 400IH...placed third in the ACC 400IH with an NCAA automatic qualifying time of 50.35...ran

a season best 49.99 at the Seminole Twilight meet...**1993:** ran a 51.11 400 intermediate hurdles but did not advance at the NCAA Outdoors...ACC champ in that event by clocking a 51.72...automatically advanced to the NCAAs with a 50.45 time at the Run-Tex Invitational...**1992:** sat out both the indoor and outdoor seasons as a redshirt...**1991:** an Olympic Trials qualifier...Pan-Am



Junior Champion 400m hurdles...also a Junior TAC National Champion...**Prep:** a prep All-American intermediate hurdler...Junior Olympic National Champion...ranked No. 1 in the nation by USA Today in the 400 IH in 1989...an All-Space Coast, All-Conference, and All-Brevard County selection...**Personal:** enrolled in FSU's undergraduate studies program...born March 29, 1972.

## ANTHONY SASSO

**JUNIOR, CAPE CORAL, FL (CAPE CORAL HS)**  
**COLLEGIATE BESTS: SHOT (51-0.25),**  
**DISCUS (157-9)**

Top discus thrower on the Florida State team...should score in the discus at the outdoor conference meet...greatly improved in shot, discus and weight throw...outstanding student...



**1994:** threw for season best 51-0.25 in the shot at ACC Outdoor to finish 5th...also finished 5th in the discus (46.08)...threw collegiate best 157-9 in the discus against Auburn...**1993:** finished ninth in the discus at the ACC meet (142-8)...placed 12th in the shot put (44-1.25)...best discus throw of the year

came at the Springtime Invitational with a throw of 146-11...put the shot 47-2.25 at the Gator Field Events for a season and career best...**Prep:** placed fourth in the state meet his senior year...**Personal:** majoring in mechanical engineering...born March 12, 1974.

## ANTHONY WASHINGTON

**JUNIOR, ALTAMONTE SPRINGS, FL**  
**(LAKE BRANTLEY HS)**  
**COLLEGIATE BESTS: HIGH JUMP (7-1),**  
**TRIPLE JUMP (49-8.5)**

Outstanding high and triple jump prospect...performances are one of the keys to Florida State's success this season...**1994:** high jumped a collegiate high 7-1 at the ACC Indoor Championships to finish 2nd...placed fifth in ACC

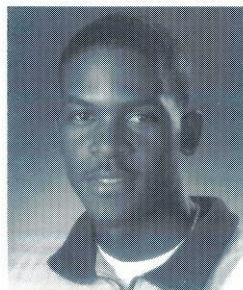


Indoor (49-1.5)...placed 4th in ACC Outdoor in high jump (7-0.5) and sixth in indoor (49-8.5)...high jumped 7-0.5 in three meets in outdoor season...**1993:** finished third at the ACC Indoors with a provisional high jump of 7-1... eighth in

the conference indoor triple jump (48-8.75)...fifth at the ACC Outdoor in the high jump with a leap of 6-10.75...**Prep:** received the Guy Garrett Award as Lake Brantley's best male athlete...honorable mention all-state in basketball...**Personal:** majoring in psychology...born October 7, 1973.

## DONALD WEST

**SENIOR, HUNTSVILLE, AL**  
**COLLEGIATE BEST: 100M (10.85)**  
**110HH (14.76)**



Returning ACC finalist in both outdoor and indoor...with hard work could final in conference high hurdles again in '95...**1994:** finished 7th in the ACC Outdoor in the 110HH (14.76)...eighth in ACC Indoor in the 55HH (7.75)...**Personal:** Majoring in psychology...born February 16,

1974.



# '94 SEMINOLE REVIEW

**Coach Terry Long** and the FSU men's track and field team reached the top of the Atlantic Coast Conference indoor track mountain in 1994. It was the first conference team championship for the Seminoles since entering the ACC three years ago. The Seminoles were within four points of sweeping the conference championships but fell to the University of North Carolina at the ACC outdoor meet.

Junior sprinter Phillip Riley led the team with two victories at the indoor conference meet. His time of 6.19 in the 55 meter dash and 7.19 in the 55 meter hurdles earned him Most Valuable Performer accolades. Other winners at the ACC indoor meet included Kelsey Nash in the long and triple jumps. His mark of 53-11½ in the triple jump broke his own FSU indoor school record. Florida State defeated Clemson University by the score of 133-106 to capture the indoor championship.

Riley continued his excellence at the NCAA indoor meet in Indianapolis with a second place finish in the 55 meter hurdles. His time of 7.18 was his fastest of the year. The Seminoles finished in a tie for 24th in the country.

The outdoor season was one of near misses for the Seminoles. The squad finished second to the University of North Carolina at the ACC championships by the score of 168-164.

FSU led the meet going into the final day of competition but an injury to 100, 200 and 110 high hurdles finalist Marcus Dixon caused him to drop out of the meet and allowed the Tar Heels to pass the 'Noles and take the team title.

The final day had its share of good news for the Seminoles, also. Riley continued his outstanding performances with a win in the 110 high hurdles and Jonathan Carter won the 100 meters.

The Seminoles took a large contingent to the NCAA championships in Boise, Idaho. Junior quartermiler Kevin Ansley earned All-America honors by finishing 5th with a time of 45.84. John Rothell also earned All-America honors with his eighth place finish in the 400 meter hurdles. Other scorers for FSU was the 4x100 meter relay team that finished seventh and Lou Angelo's seventh place finish in the javelin.

Florida State finished in a tie for 30th with the University of Arizona. ■



# '95 NCAA MEN'S QUALIFYING MARKS

## OUTDOOR

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 METERS	10.20	-	10.40	-
200 METERS	20.55	-	20.90	-
400 METERS	45.65	45.4	46.50	46.2
800 METERS	1:47.50	1:47.2	1:48.95	1:48.7
1,500 METERS#	3:41.40	3:41.1	3:46.00	3:45.7
MILE#	3:59.09	3:58.8	4:04.06	4:03.8
3,000 METER				
STEEPLECHASE#	8:44.00	8:43.7	8:57.00	8:56.7
5,000 METERS#	13:53.00	13:52.7	14:15.00	14:14.7
10,000 METERS#	29:05.00	29:04.7	29:50.00	29:49.7
100-METER HURDLES	13.72	-	14.04	-
400-METER HURDLES	50.50	50.2	51.75	51.5
400-METER RELAY	39.35	39.1	39.90	39.6
440-YARD RELAY	39.55	39.3	40.10	39.8
1,600-METER RELAY	3:04.20	3:03.9	3:07.00	3:06.7
MILE RELAY	3:05.40	3:05.1	3:08.20	3:07.9
HIGH JUMP	2.25M		2.18M	
POLE VAULT	5.52M		5.30M	
LONG JUMP	8.05M		7.70M	
TRIPLE JUMP	16.45M		15.75M	
SHOT PUT	18.80M		17.65M	
DISCUS	59.00M		54.50M	
JAVELIN	74.00M		67.50M	
HAMMER	67.00M		59.70M	
DECATHALON	7,550 points		7,100 points	

\* - Size of track

# - Altitude adjustment available

## INDOOR

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 METERS	6.19	-	6.28	-
60 METERS	6.69	-	6.78	-
55-METER HURDLES	7.24	-	7.38	-
60-METER HURDLES	7.84	-	7.98	-
200 METERS				
(Under 200m/220 yds)*	21.25	-	21.70	-
(200m/220 yds)*	21.15	-	21.60	-
(Over 200m/200 yds)*	20.85	-	21.30	-
400 METERS				
(Under 200m/220 yds)*	47.15	46.9		47.9
(200m/220 yds)*	46.75	46.5	47.80	47.5
(Over 200m/220 yds)*	46.15	45.9	47.20	46.9
800 METERS				
(200m/220 yds or less)*	1:49.25	1:49.0	1:51.00	1:50.7
(Over 200m/220 yds)*	1:48.25	1:48.0	1:50.00	1:49.7
MILE#				
(200m/220 yds or less)*	4:01.80	4:01.5	4:06.50	4:06.2
(Over 200m/220 yds)*	4:00.20	3:59.9	4:04.90	4:04.6
3,000 METERS#				
(220m/220 yds or less)*	8:01.50	8:01.2	8:12.00	8:11.7
(Over 200m/220 yds)*	7:58.90	7:58.6	8:09.40	8:09.1
5,000 METERS#				
(200m/220 yds or less)*	14:00.00	13:59.7	14:17.00	14:16.7
(Over 200m/220 yds)*	13:56.30	13:56.0	14:13.30	14:13.0
1,600-METER RELAY				
(Under 200m/220 yds)*	3:11.30	3:11.0	3:14.80	3:14.5
(200m/220 yds)*	3:08.50	3:08.2	3:12.00	3:11.7
(Over 200m/220 yds)*	3:05.70	3:05.4	3:09.20	3:08.9
MILE RELAY				
(Under 200m/220 yds)*	3:12.50	3:12.2	3:16.00	3:15.7
(200m/220 yds)*	3:09.70	3:09.4	3:13.20	3:12.9
(Over 200m/220 yds)*	3:06.90	3:06.6	3:10.40	3:10.1
DISTANCE MEDLEY-METERS#				
(200m/220 yds or less)*	9:38.00	9:37.7	9:52.00	9:51.7
(Over 200m/220 yds)*	9:33.50	9:33.2	9:47.50	9:47.2
DISTANCE MEDLEY-YARDS#				
(200m/220 yds or less)*	9:41.00	9:40.7	9:55.00	9:54.7
(Over 200m/220 yds)*	9:36.50	9:36.2	9:50.50	9:50.2
HIGH JUMP	2.25M		2.16M	
POLE VAULT	5.50M		5.25M	
LONG JUMP	7.90M		7.62M	
TRIPLE JUMP	16.20M		15.65M	
SHOT PUT	18.65M		17.50M	
35-POUND WEIGHT	20.85M		18.40M	

\* - Size of track.

# - Altitude adjustment available.

1995 DIVISION I MEN'S & WOMEN'S

OUTDOOR



NCAA® TRACK  
CHAMPIONSHIPS  
KNOXVILLE



# MEN'S RECORDS

<b>EVENT</b>	<b>FSU OUTDOOR RECORD</b>	<b>MIKE LONG TRACK RECORD</b>	<b>ACC OUTDOOR RECORD</b>	<b>COLLEGIATE RECORD</b>
<b>100 METER DASH</b>	10.08 1979 Mike Roberson	10.11 1988 Andre Cason, Texas A&M	10.03 1993 James Trapp, Clemson	9.91 1992 Davidson Ezinwa, Azusa/NGA
<b>200 METER DASH</b>	20.08 1980 Mike Roberson	20.47 1979 James Mollard, Alabama	20.27 1988 Danny Peebles, NC State	19.75 1988 Joe DeLoach, Houston
<b>400 METER DASH</b>	44.99 1981 Walter McCoy	45.34 1984 James Rolle, Bud Light TC	44.71 1984 Antonio McKay, Georgia Tech	45.50 1992 Quincy Watts, Southern California
<b>800 METER RUN</b>	1:46.19 1986 Ocky Clark	1:46.61 1985 Ocky Clark, Bud Light TC	1:43.16 1989 Paul Ereng, Virginia	1:41.77 1984 Joaquinn Cruz, Oregon
<b>1500 METER RUN</b>	3:43.19 1986 Ocky Clark	3:43.02 1986 Ocky Clark, Bud Light TC	3:38.57 1987 Terrance Herrington, Clemson	3:31.71 1987 Abdi Bilé, George Mason
<b>3000 METER STEEPLECHASE</b>	8:52.7 1976 Bobby James	8:26.46 1986 Brian Abshire, Auburn	8:21.72 1981 Hans Koeleman, Clemson	8:05.4 1978 Henry Rono, Wash. St/KEN
<b>5000 METER RUN</b>	13:53.26 1982 Herb Wills	13:45.2 1982 Barry Brown, Florida Track Club	13:24.46 1984 Stijn Jaspers, Clemson	13:08.04 1978 Henry Rono, Wash. ST/KEN
<b>10,000 METER RUN</b>	28:58.7 1982 Herb Wills	29:06.0 1983 Jim Saplenza, Dartmouth	28:48.37 1991 Bob Henes, NC State	27:22.47 1978 Henry Rono, Wash. ST/KEN
<b>110 HIGH HURDLES</b>	13.29 1987 Arthur Blake	13.27 1990 Arthur Blake, Mazda TC	13.00 1979 Renaldo Nehemiah, Maryland	13.00 1979 Renaldo Nehemiah, Maryland
<b>400 IM HURDLES</b>	49.33 1985 Leander McKenzie	49.36 1985 Tony Rambo, Bud Light TC	48.60 1986 Derrick Adkins, Georgia Tech	47.45 1977 Edwin Moses, Morehouse
<b>4 X 100M RELAY</b>	39.34 1977 Roberson, Walker, Merrick, Forbes	39.15 1984 Butler, Krulee, Smith, Iattany, Bud Light TC	39.07 1989 Bryant, Frazier, Brooks, Braunskill, NC State	38.23 1989 Porter, Smith, Scholars, Stewart, TCU
<b>4 X 400M RELAY</b>	3:03.76 1986 Williams, McKenzie, Waddell, Johnson	3:03.34 1985 Krehnbrink, Hind, Bernard, Armour, Georgia Tech	2:59.95 1992 Terry, Anedee, Adkins, Mills, Georgia Tech	2:59.91 1988 Lewis, Young, Everett, Thomas, UCLA
<b>HAMMER</b>	215-8 1986 Horatio Garcia	221-8 1/2 1983 Derrin Hegerty, Boston	199-3 1981 Al Baginski, Maryland	257-0 1986 Ken Flax, Oregon
<b>SHOT PUT</b>	60-8 1987 Mike Bell	64-0 1986 Mike Spiritoso, Clemson	68-4 1/4 1986 Mike Spiritoso, Clemson	71-11 1984 John Brenner, UCLA
<b>DISCUS</b>	212-6 1979 Brad Cooper	211-4 1986 Brad Cooper, Bahamas TC	203-4 1982 Jack Harkness, Clemson	232-4 1992 Kamy Keshmiri, Nevada
<b>JAVELIN</b>	250-4 1981 Hank Langee	248-5 1988 Tom Pukstys, DuPage	240-8 1992 Sean Murray, North Carolina	292-4 1990 Patrick Bodin, Texas
<b>HIGH JUMP</b>	7-5 3/4 1993 Kevin Crist	7-5 3/4 1993 Kevin Crist, Florida State	7-6 1986 Victor Smalls, Clemson	7-10 1989 Hollis Conway, Southeastern Louisiana
<b>LONG JUMP</b>	25-11 1/2 1983 Mark Freeman	27-6 3/4 1982 Larry Myricks, Unattached	26-2 1/4 1985 Jake Howard, NC State	28-3 1/2 1981 Carl Lewis
<b>TRIPLE JUMP</b>	54-6 1992 Kelsey Nash	54-0 3/4 1984 Charlie Simpkins, Liberty Baptist	55-3 1979 Dennis Ivory, Maryland	58-7 1/4 1985 Charlie Simpkins, Liberty Baptist
<b>DECATHLON</b>	7612 1981 Rohn Stark	7873 1990 Kevin McGarty, Unattached	7920 1992 Stephen Dunphy, Virginia	8322 1986 Mike Ramos, Washington
<b>POLE VAULT</b>	18-6 1/2 1992 Jeff Bray, Florida State	18-6 1/2 1992 Jeff Bray, Florida State	18-6 1/2 1992 Jeff Bray, Florida State	19-2 1/4 1985 Joe Dial, Oklahoma State

# MEN'S ALL-TIME TOP PERFORMANCES

## 100 METERS

1. Mike Roberson	10.08	1979
2. Don Merrick	10.14	1975
3. Jonathan Carter	10.19	1993
4. Ron Nelson	10.20	1980
5. Jimmy Daniel	10.24	1985
6. Deion Sanders	10.26	1988
7. Clark Waddell	10.28	1985
8. Bobby Butler	10.30	1980
9. Sammie Smith	10.31	1987
10. Vesco Bradley	10.35	1975

## 200 METERS

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

*w-wind aided*

## 400 METERS

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

## 800 METERS

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

## 1500 METERS

1. Ocky Clark	3:43.02	1986
2. Rob Gomez	3:43.60	1982
3. Bobby Burr	3:44.46	1974
4. Jason Frank	3:47.10	1990
5. Bobby Shakeford	3:47.30	1982
6. Mike Conley	3:47.52	1958
7. Martin Enholm	3:47.60	1984
8. Martin Reid	3:48.16	1994
9. Bob Circelli	3:49.10	1991
10. Mike Hampton	3:49.53	1991

## 5000 METERS

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

## 1000 METERS

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

## 3000 STEEPLECHASE

1. Bobby James	8:52.70	1976
2. Jacob Hoesly	8:58.52	1987
3. Doug Overfelt	8:59.00	1980
4. Ronnie Treadway	8:59.34	1984
5. Trey Culbertson	9:02.83	1993
6. Richard Corbett	9:04.77	1988
7. Billy Penick	9:11.20	1989
8. Chris Daniels	9:14.26	1985
9. Chris Mooney	9:15.43	1990
10. Marc Trigg	9:21.00	1980

## 110 METER HIGH HURDLES

1. Arthur Blake	13.29	1987
2. Mike Roberson	13.40	1976
3. Danny Smith	13.44	1974
4. Rodney Lawson	13.50	1987
5. Marcus Dixon	13.65	1993
6. Phillip Riley	13.71	1994
7. Mike Kelly	13.74	1969
8. Marcus Dixon	13.75	1994
9. Leander McKenzie	13.81	1984
10. Darren Nutt	13.91	1992

## 400 METER INTERMEDIATE HURDLES

1. Leander McKenzie	49.33	1985
2. Mike Kelly	49.99	1969
3. John Rothell	49.99	1994
4. John Citron	50.46	1975
5. Eric Riley	50.71	1984
6. Charlie Carr	50.83	1984
7. Chris Sloan	51.31	1991
8. Eric West	51.73	1987
9. Kelsey Nash	52.16	1992
10. Tim Franklin	52.22	1993

## LONG JUMP

1. Mark Freeman	25'11½"	7.91	1983
2. Billy Close	25'8½"	7.83	1988
3. Vesco Bradley	25'6¾"	7.79	1975
4. James Milton	25'2½"	7.68	1990
5. Kelsey Nash	25'	7.62	1993
6. Greg Allen	24'11¾"	7.61	1984
7. Sid Gainey	24'11"	7.59	1966
8. Rudy Falana	24'10¾"	7.58	1985
9. Carlton Scott	24'5¼"	7.44	1985
10. Bernie Waxman	24'4½"	7.42	1972

## TRIPLE JUMP

1. Kelsey Nash	54'6"	16.61	1992
2. Leon Hutchins	54'2¼"	16.51	1982
3. Andy Latimar	52'7¼"	16.03	1985
4. Henry Finney	51'10"	15.80	1976
5. Charlie Harris	51'8¼"	15.75	1974
6. Eric Robinson	51'5½"	15.68	1987
7. Anthony Washington	51'¾"	15.56	1994
8. Art Nelson	50'1"	15.27	1992
9. Charles Galloway	49'11"	15.21	1970
Billy Close	49'11"	15.21	1987

## HIGH JUMP

1. Kevin Crist	7'5¾"	2.28	1993
2. Kenny Smith	7'4¼"	2.24	1984
3. Darrel Wills	7'3½"	2.22	1988
4. Tom Stitt	7'2½"	2.20	1987
5. Larry Sawyer	7'2"	2.18	1980
6. Jeff Nedimyer	7'1"	2.16	1976
7. Anthony Washington	7'1"		1994
8. David Etheridge	7'	2.13	1985
9. Ashley Peebles	7'	2.13	1985
10. Anthony Washington	6'10¾"	2.10	1993

## SHOT PUT

1. Mike Bell	60'8"	18.49	1987
2. Ken Lanier	60'4"	18.39	1979
3. Allen Williams	59'10"	18.23	1963
4. Scott Peterson	59'5"	18.21	1992
5. Ryan Carson	56'4¾"	17.19	1994
6. Ray Nuredini	56'4"	17.17	1975
7. Marc Anderson	55'5"	16.89	1994
8. Jeff Clark	55'3¼"	16.84	1962
9. Eric Chambers	55'1"	16.79	1991
10. Chuck Cowder	55'	16.76	1971

## DISCUS

1. Bradly Cooper	212'6"	64.78	1979
2. Eric Chambers	179'8"	54.76	1992
3. Harry Glenn	178'9"	54.48	1980
4. Earl Johnson	171'7"	52.30	1986
5. Ken Lanier	171'	52.12	1980
6. Ray Nuredini	168'9"	51.44	1977
7. George Frank	168'5"	51.34	1969
8. Ryan Carson	167'2"	50.96	1994
9. Bruce McCambell	167'	50.90	1971
10. John Subbers	166'10"	50.86	1980

## JAVELIN

1. Hank Langee	250'4"	76.30	1981
2. Eric Allen	250'	76.20	1977
3. Randy Hutchinson	235'1"	71.66	1973
4. Lou Angelo	233'10"	71.33	1994
5. Jim Buck	233'6"	71.18	1971
6. Tom Fetters	230'5"	70.24	1989
7. Jerry Henderson	227'5"	69.32	1958
8. Rich Richekderfer	223'7"	68.16	1973
9. Roy Dunn	222'11"	67.94	1970
10. Bud Manning	220'8"	67.26	1967

## HAMMER

1. Horatio Garcia	215'8"	65.74	1986
2. Eric Chambers	165'10"	50.56	1991
3. Andy Shirk	165'7"	50.48	1993
4. Mike Brinkman	165'	50.30	1984
5. George Karakatsansis	162'6"	49.54	1988
6. Anthony Sasso	158'2"	48.22	1994
7. Mark Sleeman	149'7"	45.60	1985
8. Vinny Bilotto	127'	38.72	1979
9. Marc Anderson	114'5"	34.88	1993
10. Scott Peterson	103'2"	31.46	1991

## DECATHLON

1. Rohn Stark	7612	1981
2. Tom Reither	7193	1985
3. Charlie Galloway	6829	1971
4. Mark Nugen	6800	1980
5. Chris Keen	6526	1993
6. Mark Napier	6491	1988
7. Lenx Jackson	6419	1983
8. Thomas Bowman	6417	1950
9. Mark McIntosh	6117	1988
10. Bill Lickson	6035	1982

## POLE VAULT

1. Jeff Bray	18'6½"	5.65	1992
2. Larry Carr	18'1"	5.51	1989
3. Tom Reither	17'6"	5.34	1988
4. Chares Rolle	17'1"	5.21	1976
5. Dusty Harmon	17'	5.18	1983
Brian Fitzsimmons	17'	5.18	1986
7. Allen McMillian	16'6"	5.03	1972
Joel Smith	16'6"	5.03	1985
9. Darrell Meadows	16'3"	4.95	1992
10. Bill Jackson	16'1"	4.90	1971

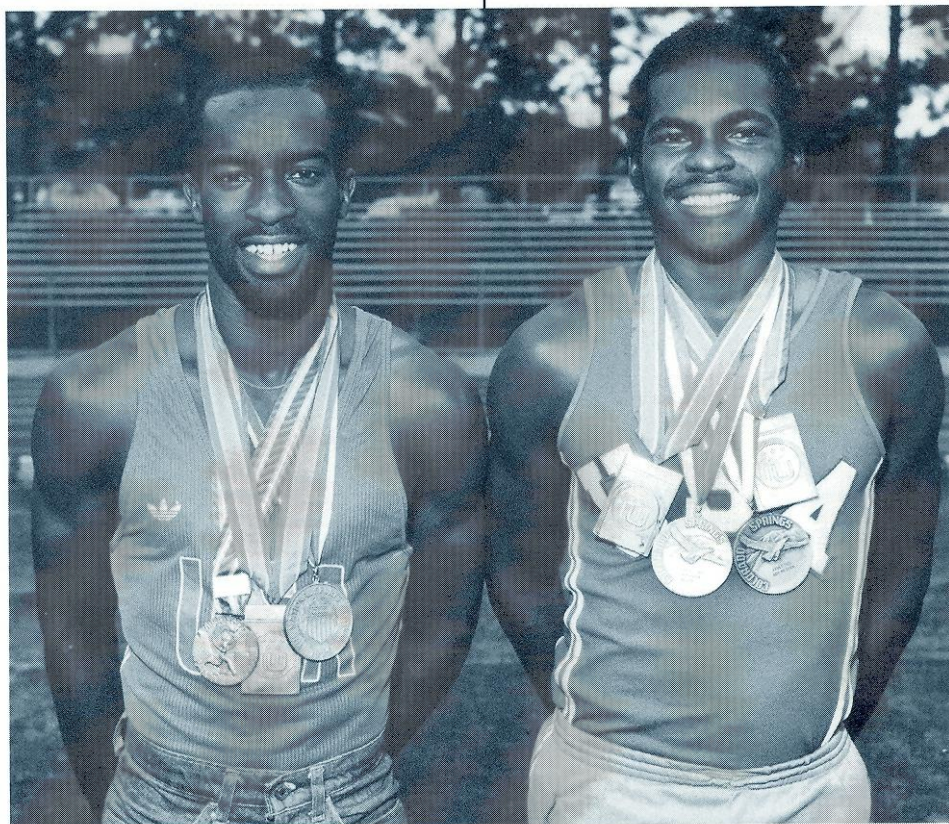
## 4X100 RELAY

1. Roberson, Walker, Merrick, Forbes	39.34	1977
2. Carter, Blake, Sanders, Smith	39.40	1988
3. Carter, Dixon Nash, Ansley	39.47	1994
4. Carter, Nash Dixon, Ansley	39.54	1993

5. Lawson, Blake, Mayhew, Smith	39.55	1987
6. Gilmer, Milton, Nash, Ansley	39.95	1992
7. McKenzie, Mayhew, Bryant, Waddell	40.09	1986
8. G. Allen, B. Allen, Scott, Daniel	40.23	1985

## 4X400 METER RELAY

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



**1980 NCAA CHAMPION MIKE ROBERSON  
AND 1984 OLYMPIAN WALTER MCCOY**

# FLORIDA STATE'S TWO-SPORT ATHLETES

**"WE ENCOURAGE THE PARTICIPATION BETWEEN BOTH THE TRACK AND FIELD SQUAD AND THE FOOTBALL TEAM. COACH LONG AND THE FLORIDA STATE TRACK AND FIELD STAFF HAVE WORKED WITH OUR ATHLETES' SPEED AND HAVE HELPED THEM TO REALLY IMPROVE THEMSELVES. WE ARE REALLY PROUD AND THANKFUL FOR THE TRACK PROGRAM HERE AT FLORIDA STATE UNIVERSITY."**

**BOBBY BOWDEN**

**HEAD FOOTBALL COACH, FLORIDA STATE UNIVERSITY**



**DEON SANDERS AND SAMMIE SMITH**

**BACKGROUND, FROM LEFT:  
ARTHUR BLAKE, DEXTER CARTER,  
SAMMIE SMITH, DEION SANDERS**

# TRACK SEMINOLES IN THE NFL

Here is a list of former Florida State Track Athletes who have played in the National Football League during the '80s and '90s.

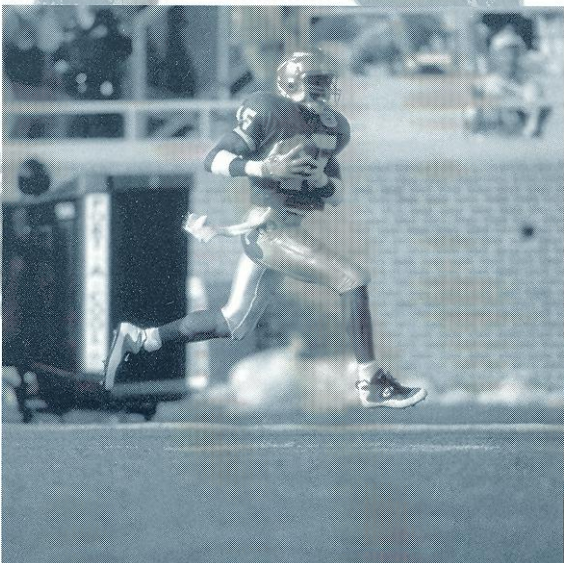
<b>NAME</b>	<b>POSITION</b>	<b>CURRENT TEAM</b>
Rohn Stark	Punter	Indianapolis Colts
Jessie Hester	Wide Receiver	Indianapolis Colts
Ken Lanier	Offensive Tackle	Los Angeles Raiders
Bobby Butler	Cornerback	Atlanta Falcons
Martin Mayhew	Defensive Back	Tampa Bay Buccaneers
Deion Sanders	Cornerback	Atlanta Falcons
Dexter Carter	Running Back	San Francisco 49ers
Terrell Buckley	Defensive Back	Green Bay Packers
Shannon Baker	Wide Receiver	Indianapolis Colts
Greg Allen	Running Back	(retired)
Sammie Smith	Running Back	(retired)



**WARRICK DUNN**

## TRACK SEMINOLES HELP WIN NATIONAL FOOTBALL CHAMPIONSHIP

Eight current or former Florida State track athletes were members of FSU's 1993 football team and made significant contributions to the team that became the first in school history to win the national championship.



**PHILLIP RILEY**

<b>NAME</b>	<b>POSITION</b>	<b>HOMETOWN</b>
Bryon Capers	Cornerback	Marietta, GA
Warrick Dunn	Running Back	Baton Rouge, LA
Kevin Knox	Wide Receiver	Niceville, FL
Kez McCorvey	Wide Receiver	Gautier, MS
Wayne Messam	Wide Receiver	Belle Glade, FL
Phillip Riley	Wide Receiver	Orlando, FL
Corey Fuller	Cornerback	Tallahassee, FL
Steve Gilmer	Safety	Tallahassee, FL
Tiger McMillon	Running Back	Kissimmee, FL

# SEMINOLE ALL-AMERICANS

## CROSS COUNTRY

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

## INDOOR

- 1980 Mel Broodie, Walter McCoy, Reggie Ross, Palmer Simmons- mile relay (1st)
- 1982 Philip Rolle-800 yards
- 1984 Reggie Ross-4x400
- 1987 Arthur Blake-55m hurdles
- 1988 Arthur Blake-55m hurdles
- 1991 Kevin Crist-high jump
- 1992 Kevin Crist-high jump
- 1993 Jeff Bray-pole vault
- 1994 Phillip Riley-55m hurdles

## OUTDOOR

- 1963 Carter Williams-shot put
- 1968 Mike Kelly-120yd hurdles
- 1969 Doug Brown-100 yards; Mike Kelly-440-yd IM hurdles; Phil Parker-triple jump
- 1971 Ken Misner-3 and 6 miles
- 1972 Joel Garren-200 m
- 1973 Danny Smith-60 yd. hurdles
- 1974 Tyrone Frederick-880 yards; Danny Smith-60 yd hurdles (1st), 120-yd hurdles
- 1975 Rudy Falana-long jump; Jesse Forbes-100 yards; Charlie Harris-triple jump; Tyrone Frederick-880 yards; Danny Smith-60-yd hurdles (1st)
- 1976 Don Merrick-60 yards; Mike Roberson-200m; Phares Rolle-pole vault
- 1977 Mike Roberson-60 yd hurdles (1st)
- 1978 Bradley Cooper-discus; Rudy Forbes-100m; Walter McCoy-600 yards (1st), 400m; Rudy Forbes, Kevin Johnson, Walter McCoy, Mike Roberson-4x100; Walter McCoy, Ron Nelson, Mike Roberson, John Walker-mile relay
- 1979 Bradley Cooper-discus (1st); Walter McCoy-400m; Earl Carruthers, Walter McCoy, Palmer Simmons, Ron Nelson-4X400
- 1981 Walter McCoy-400m; Philip Rolle-800m; Rohn Stark-decathlon; Herb Wills-10,000m; Don Frost, Walter McCoy, Ronnie Taylor, Chip Wells-4x100, Lynn Brown, Walter McCoy, Ron Nelson, Philip Rolle-4x400
- 1982 Ronnie Taylor-200m; Herb Wills-10,000m
- 1984 Leander McKenzie-400m IM hurdles; Kenny Smith-high jump; Charlie Carr, Leander

McKenzie, Vince Washington, Reggie Ross-4x400

- 1985 Leander McKenzie- 400m IM hurdles; Kevin Gordon, Thomas Johnson, Leander McKenzie, Vince Washington-4x400
- 1986 Ocky Clark-800m; Leander McKenzie-400m IM hurdles; Thomas Johnson, Leander McKenzie, Clark Waddell, Carter Williams-4x400
- 1987 Horatio Garcia-hammer
- 1988 Arthur Blake-110m hurdles
- 1989 Larry Carr-pole vault
- 1992 Kevin Crist-high jump; Jeff Bray-pole vault
- 1993 Kevin Crist-high jump; Marcus Dixon-110m hurdles; Jonathan Carter, Kevin Ansley, Kelsey Nash, Dixon-4x100
- 1994 Kevin Ansley-400 meters; John Rothell; Jon Carter, Marcus Dixon, Kelsey Nash, Kevin Ansley-4x100, Lou Angelo-javelin

## SEMINOLE CHAMPIONS NATIONAL CHAMPIONSHIP RELAYS

### 1980 OUTDOOR MILE RELAY

**Reggie Ross**, Melford Boodie,  
**Palmer Simmons**, Walter McCoy

### INDIVIDUAL NCAA CHAMPIONS

- Danny Smith** — 1974 - Indoor 60yd HH,  
1975 Indoor 60 yd HH
- Walter McCoy** — 1978 - Outdoor 600-yd Run
- Bradley Cooper** — 1979 - Outdoor Discus
- Mike Roberson** — 1980 - Outdoor 200m Dash

## SEMINOLES IN THE OLYMPICS

### 1992 - BARCELONA, SPAIN

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

### 1988 - SEOUL, SOUTH KOREA

**Arthur Blake** (United States), 110 Hurdles (8th place)  
**Bradley Cooper** (Bahamas), Discus

### 1984 - LOS ANGELES, CALIFORNIA

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

### 1976- MONTREAL, CANADA

**Danny Smith** (Bahamas), 110 Hurdles

# MIKE LONG TRACK

**Open since 1955, Mike Long Track** has been the home of the Seminole track and field program for close to forty years. In its existence, the complex has grown and seen the Seminole track and field program grow into national prominence.

The Mike Long Track complex is recognized as one of the best outdoor facilities in the country. Aside from the 1,500 seat stadium, Florida State track and field athletes have the luxury of working out in a 3,000 square foot strength and training facility adjacent from the track that is used exclusively by Seminole track and field team members that opened in October of 1989.

That facility also houses the FSU track coaches' offices and also offers the latest in personalized training with the use of video cameras and the facilities 48" inch television to work on technique.

Named after Florida State's first track and field head coach Mike Long, the complex has attracted some of the top track and field meets in the nation. Mike Long Track and the City of Tallahassee have played host to the USA Track and Field National Junior Championships in 1988 and the AAU National Championships in 1991. The USA Track and Field National Junior Championships will return to Mike Long in the summer of 1994. Florida State and Mike Long Track also played host to the Atlantic Coast Conference Outdoor Track and Field Championships in its first year in the league, 1992.

Mike Long Track has been the training facility for many national and world class athletes. And as the Seminole track and field program continues to prosper, will continue to host many more. ■



# '95 WOMEN'S PREVIEW

**The 1995 Lady Seminole** track and field team is looking to improve on last year's fourth place finish indoors and third place finish outdoors at the Atlantic Coast Conference Championships. They will attempt this without the help of departed All-Americans Sheryl Covington and Indianne Henry. However, returning All-Americans Erica Shepard, Sophia Danvers and Radhiya Teagle along with national qualifiers Deletea Bradley and Casey Custer give Coach Long a strong base of performers to build upon.

The sprint events will be the strongest area for the Lady 'Noles again in 1995. Danvers and Teagle return from the 4x400 team that finished eighth at the NCAA meet. Bradley and Custer both scored in the sprints at the ACC indoor and outdoor meets last season and will be looking for high finishes this year. Kelly Rouse returns in the 400 meters while transfers Maria Enbon and Jennifer Mingo will add strength to the relays.

Teagle, Peggy Armand, Kristen Keuhn and Kristin Thorne all return from last year's hurdling squad. The addition of freshman sensation Rikki Ronholt should strengthen an already powerful area for the 'Noles. Armand finished second in the 100 hurdles at the outdoor conference meet while Kuehn finished third in the 400 hurdles.

The Lady Seminole distance group is very young, but don't mistake youth for inexperience. The Charles sisters, Myrium and Marjorie, Gretchen Lackey and Heather Anderson return for their sophomore seasons while freshman Nicole Singleton should help these harriers become a factor in the ACC Championships.

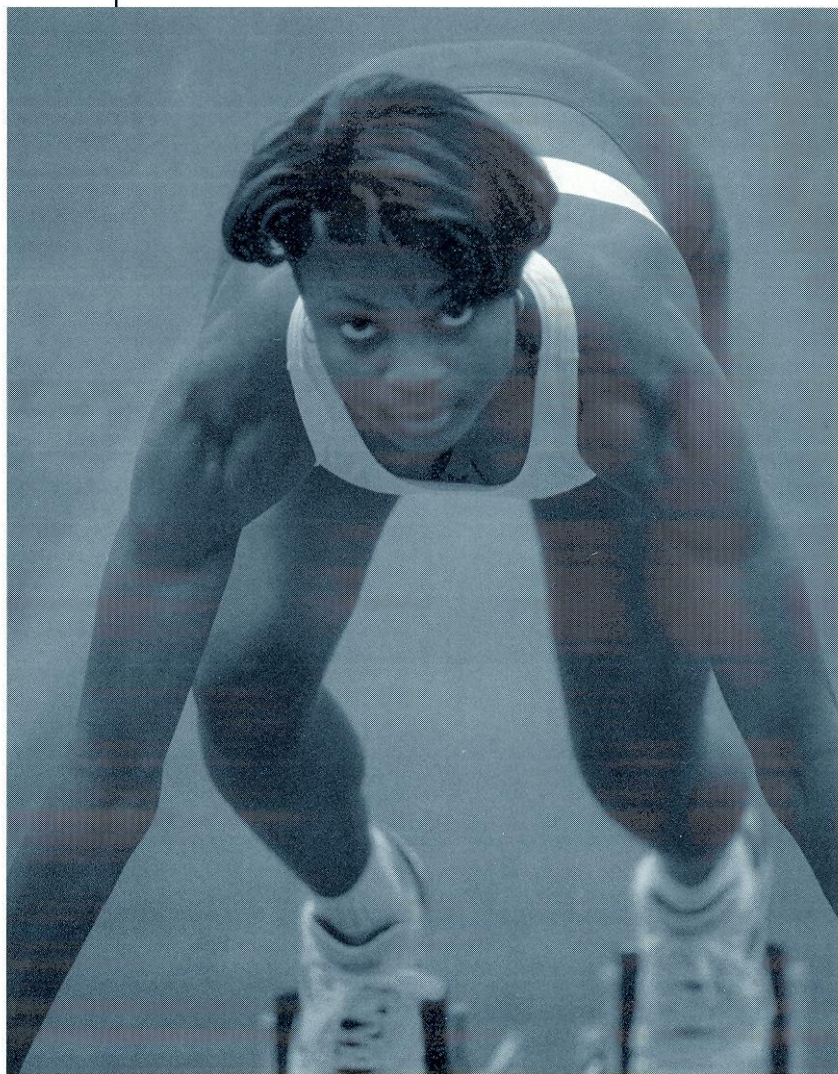
Horizontal jumpers Felicia Evans and Petina Moultrie looked better than they ever have in preseason workouts and appear ready to make the next step into contending for conference honors. Evans finished sixth in the triple jump at the ACC outdoor championships a year ago. High jumpers Peggy Armand and Rikki Ronholt have both cleared 5-6 or better and are primed for a run at filling Indy Henry's

spot at the top of the conference list.

Senior Cathy Erikson returns after being injured a year ago and sophomore Laura Goens will be looking to improve on her fifth place finish in the discus at last season's outdoor conference meet.

Despite the youth of this team, Coach Long and his staff see an opportunity for great strides if the team can continue to improve through the preseason and into the indoor season.

"I feel confident that we have done an excellent job of recruiting and preparing our kids for the season ahead," said Head Coach Terry Long. "We just have to keep improving as the year progresses and there is really no limits to how good we can be both individually and as a team." ■





# '95 WOMEN'S ROSTER

NAME	EVENT	CL	HOMETOWN	NAME	EVENT	CL	HOMETOWN
Heather Anderson	D	SO	Orlando, FL	Karen Joseph	S	JR	Brooklyn, NY
Peggy Armand	H/HJ	SR	Tampa, FL	Kristen Kuehn	H	SO	Rochester, NY
Kirsten Birmelin	D	SR	Bad Wildbad, Germany	Jennifer Mingo	S	JR	Lancaster, SC
Deletea Bradley	S	JR	Pensacola, FL	Kim Mobley	S	SO	Chattanooga, TN
Marjorie Charles	S	SO	Jacksonville, FL	Petena Moultrie	H/J	JR	Jacksonville, FL
Myriam Charles	S/J	SO	Jacksonville, FL	Kelly Rouse	S	JR	West Palm Beach, FL
Shannon Cook	T	SO	Lake Mary, FL	Rikke Ronholt	H	FR	Allerod, Denmark
Casey Custer	S	SO	Arlington, TX	Erica Shepard	S	SO	Detroit, MI
Sophia Danvers	S	SO	Miami, FL	Nicole Singleton	D	FR	Orlando, FL
Maria Embon	S	SO	Martinez, GA	Radhiya Teagle	H	JR	Philadelphia, PA
Cathy Erickson	T	SR	Hastings, NE	Kristen Thorne	H	SO	Lauderhill, FL
Felicia Evans	J	SR	Largo, FL	Kerry White	D	SO	Ft. Wayne, IN
Laura Goens	T	SO	Deltona, FL				

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



# '95 WOMEN'S BIOS

## HEATHER ANDERSON

**SOPHOMORE, ALTAMONTE SPRINGS, FL  
(LAKE BRANTLEY HS)  
COLLEGIATE BESTS: 800M (2:22.18),  
1500M (4:52.48)**

Vastly improving member of the Seminole middle distance corp...one of FSU's top distance runners as she consistently finished among the team's top three...was FSU's #3 runner at last season's ACC cross country championships...**1994:** provided quality depth for the middle distances her first season... competed in five meets...ran 4:52.48 in the 1500m at the ACC Outdoors...**Prep:** was first team All-Conference and was a conference and district runner-up while at Lake Brantley...**Personal:** majoring in communications...born April 5, 1975.



## PEGGY ARMAND

**SENIOR, TAMPA, FL (LETO HS)  
COLLEGIATE BESTS: 100HH (13.66), 400IH  
(1:02.64), HIGH JUMP (5-7)**

Extremely versatile athlete who should contend for top honors at the ACCs in the hurdles and high jump...potential to qualify for NCAA Championships...will compete in the hurdles, jumps and sprints...possesses great work ethic...**1994:** ACC runner-up in the 100 meter hurdles in a personal collegiate best time of 13.66...finished ninth in the ACC Outdoor 400 meter hurdles in 1:02.64...high jumped 5-7 indoors at the US West Invitational...**1993:** finished third in the ACC Outdoor 100 meter hurdles in 14.04...in the 400 intermediate hurdles, she finished seventh...came in fifth in the 55 meter hurdles at the conference and ninth in the high jump...**1992:** ran team best (14.00) in the 100HH...**Prep:** all-county, all-conference and all-region at Leto High School...advanced to state 4A track meet...**Personal:** majoring in nutrition and fitness...born July 2, 1973.



## KIRSTEN BIRMELIN

**SENIOR, BAD WILDBAD, GERMANY  
COLLEGIATE BEST: 800M (2:14.2),  
1500M (4:32.9)**



Transfer from Western Kentucky who coaches expect to be a leader among the Seminole middle distance corp...FSU is her third school in as many years as she transferred to WKU from Universitat Karlsruhe in Germany in 1993...held the Hilltoppers' best time in the 1500 (4:32.9) and 800 (2:14.2) her junior season...**Prep:** Competed for TV Herxheim, a track club in Germany...graduated in the top 10 percent of her class...**Personal:** born December 15, 1971 in Kenzingen, Germany...majoring in business economics.

## DELETEA BRADLEY

**JUNIOR, PENSACOLA, FL (ESCAMBIA HS)  
COLLEGIATE BESTS: 100M (11.53),  
200M (24.34)**

Emerging as one of FSU's top sprint athletes...expected to be among the conference's elite sprinters...should challenge for conference honors indoor and outdoor...extremely intense competitor...should return to NCAAAs in 100 meters...**1994:** NCAA semi-finalist in 100 meters where she ran 11.57...finished fourth in ACC 100 meters...ran career best 24.34 in ACC Outdoor 200 meters finishing eighth...finished fourth in ACC 55 meters in 7.05...**1993:** made a fine showing at the ACC Outdoors by finishing fifth in the 100 meter dash with a time of 11.75...clocked an NCAA provisional time of 11.68 in the 100 at the Run-Tex Invitational...**Prep:** as a senior at Escambia High School, finished second in the state in both the 100 and 200 meters...**Personal:** a nutrition and fitness major...born August 20, 1974.



## MARJORIE CHARLES

**SOPHOMORE , JACKSONVILLE, FL (WHITE HS)  
COLLEGIATE BESTS: 800 M (2:19.55)**



Greatly improved middle distance runner who should further improve with a season of experience... coaches love her enthusiasm... **1994:** finished seventh in the 800m in her only outdoor appearance at the Run-Tex Invitational... competed in three indoor meets... ran a 58.40 400 meters at the Gator

Classic... **Prep:** was an all-city, all-state performer for three years in the 400 meters and 4 x 400 relay while at White High School...honor student while in high school...**Personal:** born April 29, 1975...plans to double major in education and Spanish...twin sister Myriam is also a member of the FSU program.

## MYRIAM CHARLES

**SOPHOMORE, JACKSONVILLE, FL (WHITE HS)  
COLLEGIATE BESTS: 400M (56.15),  
800M (2:14.27)**

Hard worker who coaches feel will be considerably improved in the 800 meters following strong fall workouts...will build on her NCAA Championship experience...**1994:** qualified for NCAA Outdoor Championships as a member of 4X400 relay...ran collegiate best 56.15 in 400 meters at Spring Track Classic...ran 2:14.27 for 800 meters at ACC Outdoor Championships...**Prep:** all-city, all-state selection in the 400 meters...district champion in the triple jump...honor student at White



High School...**Personal:** twin sister Majorie also runs for FSU...has plans to double major in French and English education...born April 29, 1975.

High School...**Personal:** twin sister Majorie also runs for FSU...has plans to double major in French and English education...born April 29, 1975.

## SHANNON COOK

**JUNIOR, LAKE MARY, FL (LAKE MARY HS)  
COLLEGIATE BESTS: SHOT PUT (48-0.5),  
DISCUS (144-2)**

Florida State's top thrower...needs to overcome rotator cuff injury in shoulder...potential to qualify for NAAs...if healthy, should challenge for conference supremacy in both the shot and discus...**1994:** had a strong season finishing second in ACC Outdoor shot put (46-4.25) and third in discus (140.2)...improved her



personal best shot put mark by over 4 feet with a 48-0.5 throw at Gator Field Event Invitational...finished third in ACC indoor shot put... **1993:** had a fine first season at FSU...finished sixth in the shot at the ACC Indoors...made a great showing at her first ACC Outdoor Championships...finished third in

the discus and fourth in the shot...**Prep:** second in the state in the shot put as a senior at Lake Mary High School...holds school, county and district records in the shot...**Personal:** plans to major in biology...born January 20, 1974.

## CASEY CUSTER

**SOPHOMORE, ARLINGTON, TX  
(JAMES MARTIN HS)  
COLLEGIATE BESTS: 100M (12.21),  
200M (24.70)**

One of Florida State's keys to sprint relay success... potential NCAA qualifier in 200 meters...possesses a bright future...**1994:** ran career bests in both the 100

meters (12.21) and 200 meters (24.70) in Barnett Bank Invitational...finished fourth in the FSU Relays in the 200 meters (25.21)...



**Prep:** one of nation's top sprint recruits...top ranked Texas high school 100 meter sprinter in '91, '92, '93...state 5A champion in the 200 meters as a junior...ranked third and fourth nationally in the 100 and

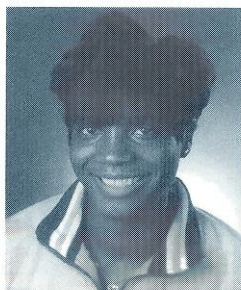
200 meters respectively as a junior...**Personal:** undecided on a major...born July 12, 1975.

## SOPHIA DANVERS

**SOPHOMORE, MIAMI, FL (NORLAND HS)  
COLLEGIATE BESTS: 100M (12.43),  
200M (24.78), 400M (54.27)**

Returns after qualifying for NCAA Outdoor 400 meters as a freshman...one of FSU's biggest surprises in '94...vastly

improved in 400 meters...could be among ACC's best...**1994:** ran an NCAA qualifying 54.27 400 meters at Run-Tex Invitational...finished fourth in ACC Outdoor 400 meters (54.88)...finished seventh in ACC Indoor 400 meters (58.65)...**Prep:** All-Dade County selection while at Miami's Norland High School...



district, regional, and state champion in the 400 meters... also a honor roll student... **Personal:** plans to major in communications... born April 17, 1975.

## CATHY ERICKSON

**SENIOR, HASTINGS, NE (HASTINGS HS)**  
**COLLEGIATE BESTS: SHOT PUT (42-25),**  
**DISCUS (141-0)**

Will shoulder the load in shot and discus with possible loss of Cook... proven performer who should again place at the ACC meet in both the shot put and discus... outstanding athlete who has ability to become outstanding thrower... **1994:** finished sixth in ACC Indoor shot put and second in discus at FSU Relays... saw limited action only participating in one outdoor and two indoor meets... **1993:** sat out the indoor season while playing forward for the Lady Seminole basketball team...



returned to track and field full-time during the outdoor campaign... scored at the ACC meet by placing sixth in the discus (130-8) and seventh in the shot (41-1)... **1992:** placed seventh in shot put at the ACC Championships... **Prep:** Dual Class A throwing champ (shot and discus) in the state of Nebraska as a senior... broke school record in the shot put... track and field MVP at Hastings High... selected to the All-Tribeland track team... **Personal:** majoring in criminology... born March 24, 1973.

## FELICIA EVANS

**SENIOR, LARGO, FL (SEMINOLE HS)**  
**COLLEGIATE BESTS: 100HH (15.13), LONG**  
**JUMP (19-11.5), TRIPLE JUMP (40-3.25)**

Senior leader among field event athletes... outstanding long and triple jumper... possesses fine technique... **1994:** finished sixth in ACC Outdoor long jump with a season-best 38-4... FSU Relays triple jump champion with a jump of 37-6.75... during indoor season finished second in Gator Classic in triple jump (38-1.25)... **1993:** third indoors and fifth outdoors at the ACC Championships in the triple jump... sixth indoors and seventh outside in the



long jump best marks of the year were 40-3.25 in the triple jump and 19-11.5 in the long jump... **Prep:** an all-county performer throughout high school... state long

jump champion at Seminole High School in 1990... **Personal:** currently majoring in management information systems... born October 22, 1973.

## LAURA GOENS

**SOPHOMORE, DELTONA, FL (DELTONA HS)**  
**COLLEGIATE BESTS: SHOT PUT: (37-2.25)**  
**DISCUS: (140-7)**

Hard worker with good ability in the discus... a possible ACC contender... coaches look for her to assume greater responsibility after a year of collegiate competition...

**1994:** threw a season-best 37-2.25 in the shot put at the Spring Time Classic to finish third... threw 140-7 in discus at the Gator Field Events Meet finishing fourth... finished 5th in the ACC in the discus... **Prep:** throwing standout at Deltona High School **Personal:** has yet to decide on a college major... born September 17, 1975



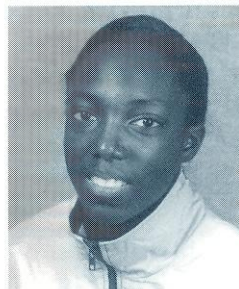
## KAREN JOSEPH

**JUNIOR, BROOKLYN, NY (HUMANITIES HS)**  
**COLLEGIATE BESTS: 100M (12.03),**  
**200M (25.12)**

Pleasant surprise in 1994... expected to play key role if she can remain healthy... a rapidly improving member of sprint corps... **1994:** participated in four indoor and

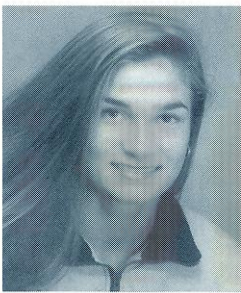
two outdoor meets... finished third in 200 meters (25.12) at FSU Relays and sixth in 200 meters (25.12) in same meet ran an indoor best 7.23 for 55 meters at conference championships... also competed in 200 meters during indoor season... **1993:** competed in both the 100 and 200 meter dashes during the outdoor season... ran the 55 and

200 during the indoor campaign... **Prep:** city champion in the 100 and 200 meter dashes... **Personal:** majoring in nursing... born October 26, 1974.



## KRISTEN KUEHN

SOPHOMORE, ROCHESTER, NY  
(GREECE ATHENA HS)  
COLLEGIATE BESTS: 100 MH (14.63),  
400MH (1:01.31)



Outstanding 400 intermediate hurdles prospect...combines excellent ability with outstanding work ethic...has desire and ability to among country's best in 400 meter hurdles...remarkably strong and good technique...**1994:** finished third in the ACC 400 meter hurdles with a season-best 1:01.31...fin-

ished second in 400 meter hurdles at FSU Relays and the Spring Time Classic...ran a collegiate best 14.63 in 100 meter hurdles at FSU Relays...**Prep:** prep All-American in the 400 hurdles...second in the state 100 and 400 hurdles as a senior...fourth rated 400 hurdler in the nation as a senior...**Personal:** born January 17, 1975...undecided on a college major.

## MEGAN LENKER

FRESHMAN, TAMPA, FL



Hampered by leg injury in 1994...will provide quality depth in 800 meters...great team player...**Prep:** had an outstanding career at Tampa Prep...school record holder in the 400 meters...All-Conference as a senior...**Personal:** born May 30, 1975...undecided on a major...

father, Mark, played football for FSU.



## PETENA MOULTRIE

JUNIOR, JACKSONVILLE, FL (RAINES HS)  
COLLEGIATE BESTS: 100HH (15.09),  
TRIPLE JUMP (37-6.5)  
LONG JUMP (17-0)



Great athlete who will be relied on in long and triple jumps and hurdles...has shown considerable improvement over last season...has outstanding attitude and work ethic...**1994:** competed in four events during indoor season...long-jumped collegiate best 17-0 at ACC Indoor...triple jumped 37-6.5 to finish third at Gator Invitational...**1993:** finished twelfth at the ACC Outdoors in the

triple jump...did not compete during the indoor season...**Prep:** district triple jump champion and team captain as a senior at Raines High School in Jacksonville...honor roll student...**Personal:** majoring in psychology...born November 15, 1974

## RIKKE RONHOLT

FRESHMAN, DENMARK (ALLERAD HS)



Talented newcomer from Denmark...should make immediate impact on both hurdle events this spring...**Prep:** standout prep runner in Denmark...**Personal:** born January 1, 1976...majoring in communications...father represented Ghana in two Olympics in the 200 and 400 meters

## KELLY ROUSE

JUNIOR, WEST PALM BEACH, FL  
(SUMMIT CHRISTIAN HS)  
COLLEGIATE BESTS: 100M (12.02),  
200M (24.30), 400M (55.77)

One of team's most talented runners...will provide depth in the longer sprint events...needs greater focus to achieve potential...again expected to be a solid contributor and may score in conference competition...honors student...**1994:** competed in four outdoor and three indoor meets...finished third in Spring Time Classic in 200 meters



(25.19)...ran a 7.3655m indoors at Gator Classic...**1993:** fourth in the 400 meters at the ACC Indoors...won the 400 at the Spring Track Classic outdoor meet...**Prep:** three year ('90, '91, '92) state champion in the 200 meter dash...100 meter champion as a junior...valedictorian of her senior class at Summit Christian High School in West Palm Beach...**Personal:** born April 17, 1974...had the top GPA on the women's team last year...majoring in biology and chemistry.

☆ **ALL-AMERICAN** ☆  
**ERICA SHEPARD**

**SOPHOMORE, DETROIT, MI (CASS TECH)**  
**COLLEGIATE BESTS: 400M (55.27),**  
**800M (2:11.51)**

Team captain for 1995 season...member of NCAA qualifying 4 X 400 relay team...outstanding middle distance prospect...runs both 400 and 800 meters...**1994:** competed in six outdoor meets...400 meter champion at Spring Time Classic running a season best 55.27...finished second in 800 against Auburn running a 2:11.51...young athlete who continues to improve...**Prep:** Michigan state 800 meter champion at Detroit's Cass Technical



High School...prep All-American in the 400 meters as a senior...1992 AAU national champion in the 400 and 800 meters...repeat AAU national champ in the 400 in '93...**Personal:** plans to major in psychology...hails from the same high school as former Florida State standout Trinette Johnson.

☆ **ALL-AMERICAN** ☆  
**RADHIYA TEAGLE**

**JUNIOR, PHILADELPHIA, PA**  
**(WILLIAM PENN HS)**  
**COLLEGIATE BESTS: 100HH (14.16),**  
**400IH (58.63)**



Returning ACC Champion in the 400 Intermediate Hurdles...NCAA qualifier in the 400IH...extremely talented, versatile athlete who possesses great work ethic and eagerness to improve...among nation's elite...**1994:** ACC Champion in the 400 IH running a 58.90...ran an

NCAA qualifying time for the 400IH on four occasions...ran a season-best 58.63 in the Seminole Twilight...finished fourth in the 100 high hurdles at the ACC Outdoor (14.16)...**Prep:** public league champion in the 100 and 300 hurdles and the triple jump for three years...**Personal:** majoring in nutrition...born May 12, 1974.

**KRISTEN THORNE**  
**SOPHOMORE, WASHINGTON D. C.**  
**(BULLIS SCHOOL)**  
**COLLEGIATE BESTS: 100H (13.87),**  
**400IH (1:01.43)**



Extremely talented hurdler who should be vastly improved this season...should be one of ACC's best in 100m hurdles...has promising future...**1994:** finished fourth in ACC 400m hurdles in 1:01.43...sixth in ACC in 100m hurdles in 14.07...finished third in FSU Relays in 100m hurdles (13.99)...**Prep:** prep All-American 55 meter hurdler...AAU national indoor champion in the 100 hurdles...**Personal:** food and nutrition major...born May 2, 1975.

**KERRY WHITE**  
**SOPHOMORE, WARSAW, IN (WARSAW HS)**  
**COLLEGIATE BESTS: 800M (2:13.10)**



One of a group of talented distance runners...coaches are not sure what to expect of her due to injuries...can become a force if she stays away from injuries...will most likely run at 800 meters...**1993:** best performance of the year was a 2:15.89 clocking in the 800 meters at the ACC Indoors...**Prep:** Indiana state champion in the 800 meters as a junior and senior...all-state selection during her final two years at Warsaw High School...**Personal:** born October 31, 1973...majoring in biology.

# '94 WOMEN'S REVIEW

**The 1993-94 track and field** season for the Lady Seminoles was a time of overall improvement by the team and outstanding performances by some individuals. The Lady 'Noles finished fourth at the Atlantic Coast Conference Indoor Championships with 76.5 points. Sheryl Covington led the way for Florida State with victories in the 55 and 200 meter dashes. For her performance, Covington was awarded the Most Valuable Participant trophy for the meet.

Head Coach Terry Long had two Lady Seminoles qualify for the NCAA National Indoor Track and Field Championships in Indianapolis but could only take one. Indianne Henry qualified for the NCAA's in the high jump with a mark of 5-10 at the ACC meet but could not perform at the NCAA's due to a back injury. Covington qualified in the 200 hundred meters but did not make the finals.

The Lady Seminoles had their best finish since entering the ACC at the outdoor championships. Their 115 points was good enough for third place behind North Carolina and Virginia. Indoor conference runner-up Indianne Henry moved up one place at the outdoor

championships, winning with a height of 5-11.25. Radhiya Teagle ran away from the field in the 400 meter hurdles and the 4x400 meter relay of Myrium Charles, Sophia Danvers, Erica Shepard and Sheryl Covington capped the meet by taking home first place honors in the last event of the meet.

Florida State took one of its largest contingents ever to the NCAA Championships in Boise, Idaho. The 4x100 relay team of Deletea Bradley, Sophia Danvers, Casey Custer, and Sheryl Covington qualified for the championships but did not make the finals. Bradley made it to the semi-finals of the 100 meter dash but could dash no more once a recurring injury reared its ugly head. Henry competed in the high jump with an extremely soar back and finished in a tie for ninth with a mark of 5-8.75. The 4x400 relay team earned All-America honors with a seventh place finish and Covington added to her list of accomplishments with a fifth place in the quarter mile. The Lady Seminoles finished the meet in a tie for 39th with Middle Tennessee State and Nevada-Las Vegas. ■



# WOMEN'S ALL-TIME TOP PERFORMANCES

## 100 METERS

1. Michelle Finn	11.20	1986
2. Randy Givens	11.27	1984
3. Brenda Cliette	11.30	1983
4. Esmeralda Garcia	11.32	1985
5. Patrice Verdun	11.40	1992
6. Sheryl Covington	11.41	1991
7. Marita Payne	11.43	1983
8. Andrea Thompson	11.44	1989
9. Janet Davis	11.52	1985
10. Deletea Bradley	11.53	1994

## 200 METERS

1. Randy Givens	22.30	1983
2. Marita Payne	22.62	1983
3. Janet Davis	22.90	1987
4. Michelle Finn	22.95	1986
5. Patrice Verdun	23.24	1992
7. Sheryl Covington	23.39	1993
8. Lisa Horton	23.60	1989
9. Esmeralda Garcia	23.61	1985
10. Angela Curry	23.84	1986

## 400 METERS

1. Marita Payne	49.90	1984
2. Sheryl Covington	51.85	1994
3. Janet Davis	52.33	1987
4. Kim Batten	52.53	1991
5. Janet Levy	53.47	1985
6. Andi Lyons	53.88	1990
7. Carl Samuels	54.46	1985
8. Pamela Hawkins	54.48	1985
9. Samantha Green	54.50	1985

## 800 METERS

1. Orvill Dwyer-Brown	2:00.60	1982
2. Scooby Golden	2:06.60	1983
3. Angela Harris	2:06.60	1992
4. Janet Wood	2:07.20	1981
5. Kelley Hackler	2:07.20	1985
6. Rose Giampalmo	2:07.96	1978
7. Samantha Green	2:08.00	1985
8. Jennifer Jones	2:08.60	1986
9. Erica Shepard	2:11.51	1994
10. Carrie Boyd	2:12.51	1991

## 1500 METERS

1. Nancy Rettie	4:18.56	1985
2. Margaret Coomber	4:19.60	1983
3. Carla Borovicka	4:19.92	1983
4. Carrie Boyd	4:23.28	1991
5. Jennie Messinese	4:23.50	1986
6. Brenda Moore	4:31.82	1985
7. Tracy Pepoon	4:33.55	1993
8. Angela Harris	4:34.39	1991
9. Stacey Bowrosen	4:38.60	1992
10. Kerry White	4:49.43	1994

## 3000 METERS

1. Margaret Coomber	9:22.94	1984
2. Carla Borovicka	9:36.50	1984
3. Darien Andreu	9:36.64	1981
4. Janie Regis	9:39.39	1985
5. Barbara Mathews	9:42.17	1988
6. Carrie Boyd	9:44.14	1989
7. Janet Bassford	9:46.00	1982
8. Colleen Curren	9:51.43	1983
9. Tracy Pepoon	9:53.91	1993
10. Colleen O'Reilly	10:10.00	1986

## 5000 METERS

1. Darien Andreu	16:39.40	1981
2. Janie Regis	16:43.50	1985
3. Tracy Pepoon	17:12.66	1993
4. Barbara Mathews	17:42.38	1988
5. Michelle Farrell	17:56.78	1989

## 10,000 METERS

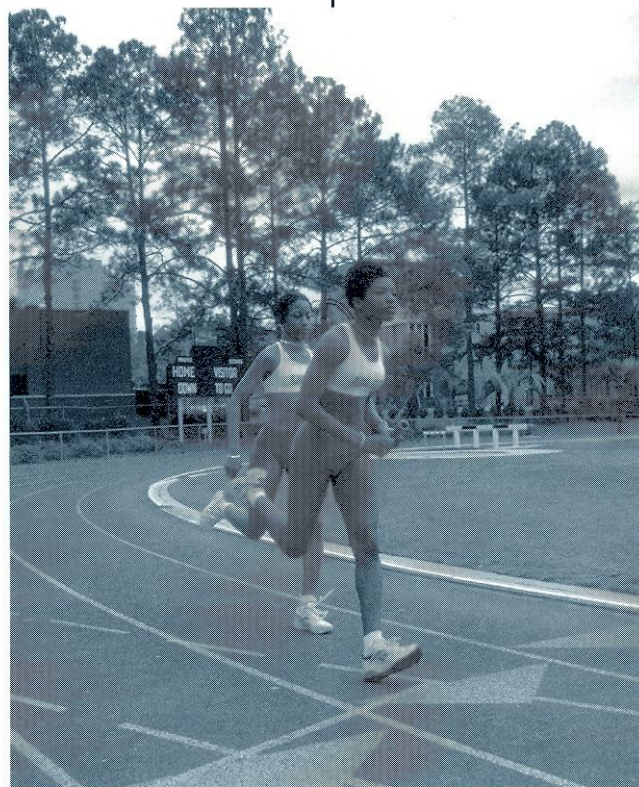
1. Kerrie Yenchak	34:32.05	1987
2. Darien Andreu	34:42.60	1981
3. Janie Regis	35:01.78	1985
4. Janet Bassford	35:52.20	1982
5. Barbara Mathews	36:11.70	1988
6. Michelle Farrell	37:04.90	1989

## 100 METER HURDLES

1. Kim Batten	13.06	1991
2. Mary Hawkins	13.20	1988
Andrea Thompson	13.20	1988
4. Tonja Brown	13.42	1982
5. Carmellia Shivers	13.62	1991
6. Peggy Armand	13.66	1994
7. Joann Brown	13.71	1985
8. Ann Girvan	13.77	1986
9. Carolyn Faison	13.83	1982
10. Kim Stephens	14.10	1992

## 400 METER INTERMEDIATE HURDLES

1. Kim Batten	53.98	1991
2. Tonja Brown	56.46	1982
3. Angie Wright	56.74	1983
4. Orvill Dwyer-Brown	56.94	1983
5. Carmellia Shivers	58.55	1991
6. Radhiya Teagle	58.63	1994
7. Kim Stephens	59.32	1992
8. Chris McKay	59.98	1983
9. Andrea Thompson	1:00.01	1988
10. Kristen Kuehn	1:01.31	1994





## LONG JUMP

1. Sonya Blades	21'8½"	6.61	1990
2. Esmeralda Garcia	21'7½"	6.59	1986
3. Trinette Johnson	21'6"	6.55	1993
4. Kim Batten	20'9"	6.32	1988
5. Alice Bennett	20'6"	6.24	1983
6. Michelle Finn	20'¼"	6.10	1987
7. Felicia Evans	19'11½"	6.08	1993
8. Carolyn Hightower	19'2½"	5.85	1988
9. Candi Odom	19'2¼"	5.84	1991
10. Carmellia Shivers	17'11¼"	5.46	1991

## TRIPLE JUMP

1. Esmeralda Garcia	44'10¾"	13.68	1986
2. Kim Batten	42'	12.95	1989
3. Felicia Evans	39'7½"	12.07	1993
4. Janet Levy	37'6"	11.43	1987
5. Petena Moultrie	35'11½"	10.96	1993

## HIGH JUMP

1. Wendy Markham	6'1¼"	1.86	1983
Holly Kelly	6'1¼"	1.86	1989
3. Indianne Henry	6'0½"	1.84	1993
4. Carmellia Shivers	5'9"	1.75	1990
5. Latashia Crews	5'8"	1.73	1985
6. Peggy Armand	5'7"	1.70	1992
7. Kim Stephens	5'5"	1.65	1991
Candi Odom	5'5"	1.65	1991

## SHOT PUT

1. Shannon Cook	48'0½"	14.64	1994
2. Vicki Smith	46'10½"	14.28	1977
3. Donna Williams	46'3"	14.09	1984
4. Eleanor Majors	45'8"	13.92	NA
5. Tonya Grannemann	42'3"	12.88	1992
6. Carolyn Darville	41'10½"	12.76	1983
7. Cathy Erickson	41'1"	12.52	1993
8. Latoshia Crews	39'2½"	11.95	1986
9. Laura Goens	37'2¼"	11.33	1994
10. Hiedi Hargett	36'3"	11.05	1991

## DISCUS

1. Tonya Grannemann	150'5"	45.86	1990
2. Donna Williams	148'7"	45.30	1984
3. Rena Antanelis	145'2"	44.26	1990
4. Shannon Cook	144'2"	43.94	1994
5. Cathy Erickson	139'	42.38	1993
6. Kim Travers	140'	42.68	1976
7. Laura Goens	140'7"	42.84	1994
8. Heidi Hargett	134'9"	41.08	1991
9. Carolyn Darville	133'2"	40.60	1983

## JAVELIN

1. Kari Kieth	174'10"	53.30	1990
2. Cheryl Coker	167'	50.90	1985
3. Nancy Townsend	154'9"	47.18	1980
4. Rena Antanelis	149'8"	45.62	1983
5. Laura Gibbons	149'6"	45.58	1972
6. Rosa Diaz	145'6"	44.36	1989
7. Kim Stephens	145'3"	44.28	1991
8. Candi Odom	111'10"	34.10	1991
9. Carmellia Shivers	106'4"	32.42	1991

## HEPTATHLON

1. Carmellia Shivers	5410	1991
2. Kim Stephens	5251	1991
3. Candi Odom	4911	1991
4. Latoshia Crews	4900	1985

## 4X100 RELAY

1. Wright, Payne, Cliette, Givens	42.94	1982
2. Levy, Thompson, Davis, Finn	43.19	1987
3. Finn, Payne, Cliette, Givens	43.40	1984
4. Wright, Payne, Cliette, Givens	43.73	1983
5. Garcia, Finn, Thompson, Levy	43.98	1985
6. Levy, Finn, Thompson, Davis	44.12	1986
7. Johnson, Covington, Verdun, Lyons	44.27	1992
8. Batten, Horton, Verdun, Johnson	44.30	1990
9. Garcia, Payne, Bennett, Givens	44.35	1981
10. Batten, Verdun, Covington, Lyons	44.44	1991
Horton, Thompson, Holmes, Curry	44.58	1988

## 4 X 400 RELAY

1. Givens, Cliette, Wright, Payne	3:28.46	1983
2. Wright, Dwyer-Brown, Givens, Payne	3:28.70	1982
3. Davis, Cliette, Givens, Payne	3:28.93	1984

4. Covington, Danvers, Shepard, Teagle	3:37.79	1994
5. Wright, Dwyer-Brown, Golden, Payne	3:34.06	1982
6. Levy, Thompson, Davis, Curry	3:34.07	1987
7. Wright, Golden, Wood, Payne	3:34.80	1981
8. Levy, Finn, Samuels, Davis	3:34.98	1986
9. Payne, Givens, Levy, Cliette	3:36.14	1984
10. Shivers, Lyons, Covington, Batten	3:37.51	1991

## 4 X 200 RELAY

1. Givens, Cliette, Wright, Payne	1:33.20	1983
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## 4 X 800 RELAY

1. Coomber, Borovicka, Dwyer-Brown, Wood	8:42.00	1983
2. Stephens, Bowrosen, Severs, Harris	8:47.95	1992



1992 OLYMPIC GOLD MEDALIST MICHELLE FINN

# '95 NCAA WOMEN'S QUALIFYING MARKS

## OUTDOOR

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 METERS	11.38	-	11.65	-
200 METERS	23.18	-	23.85	-
400 METERS	52.60	52.3	54.15	53.9
800 METERS	2:05.00	2:04.7	2:08.50	2:08.2
1,500 METERS #	4:19.50	4:19.2	4:26.00	4:25.7
MILE #	4:39.76	4:39.5	4:47.28	4:47.0
3,000 METERS #	9:18.00	9:17.7	9:40.00	9:39.7
5,000 METERS #	16:22.00	16:21.7	16:55.00	16:54.7
10,000 METERS #	34:10.00	34:09.7	35:30.00	35:29.7
100-METER HURDLES	13.35	-	13.82	-
400-METER HURDLES	57.65	57.4	59.90	59.6
400-METER RELAY	44.34	44.1	45.40	45.1
440-YARD RELAY	44.54	44.3	45.60	45.3
1,600-METER RELAY	3:33.50	3:33.2	3:40.00	3:39.7
MILE RELAY	3:34.70	3:34.4	3:41.20	3:40.9
HIGH JUMP	1.87M		1.76M	
LONG JUMP	6.50M		6.20M	
TRIPLE JUMP	13.10M		12.50M	
SHOT PUT	16.05M		14.60M	
DISCUS	53.00M		48.50M	
JAVELIN	51.74M		46.50M	
HEPTATHLON	5,500 points		5,075 points	

\* - Size of track

# - Altitude adjustment available

## INDOOR

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 METERS	6.85	-	6.98	-
60 METERS	7.41	-	7.54	-
55-METER HURDLES	7.72	-	7.95	-
60-METER HURDLES	8.37	-	8.60	-
200 METERS				
(Under 200m/220 yds)*	24.08	-	24.65	-
(200m/220 yds)*	23.88	-	24.45	-
(Over 200m/220 yds)*	23.58	-	22.15	-
400 METERS				
(Under 200m/220 yds)*	54.20	53.9	55.90	55.6
(200m/220 yds)*	53.60	53.3	55.30	55.0
(Over 200m/220 yds)*	52.90	52.6	54.60	54.3
800 METERS				
(200m/220 yds or less)*	2:07.50	2:07.2	2:10.40	2:10.1
(Over 200m/220 yds)*	2:06.70	2:06.4	2:09.60	2:09.3
MILE#				
(200m/220 yds or less)*	4:44.00	4:43.7	4:51.00	4:50.7
(Over 200m/220 yds)*	4:42.60	4:42.3	4:49.60	4:49.3
3,000 METERS#				
(220m/220 yds or less)*	9:24.00	9:23.7	9:45.00	9:44.7
(Over 200m/220 yds)*	9:21.80	9:21.5	9:42.8	9:42.5
5,000 METERS#				
(200m/220 yds or less)*	16:18.00	16:17.7	16:55.00	16:54.7
(Over 200m/220 yds)*	16:14.90	16:14.6	16:51.90	16:51.6
1,600-METER RELAY				
(Under 200m/220 yds)*	3:40.35	3:40.1	3:46.10	3:45.8
(200m/220 yds)*	3:37.75	3:37.5	3:43.50	3:43.2
(Over 200m/220 yds)*	3:35.15	3:34.9	3:40.90	3:40.6
MILE RELAY				
(Under 200m/220 yds)*	3:41.60	3:41.3	3:47.35	3:47.1
(200m/220 yds)*	3:39.00	3:38.7	3:44.75	3:44.5
(Over 200m/220 yds)*	3:36.40	3:36.1	3:42.15	3:41.9
DISTANCE MEDLEY-METERS#				
(200m/220 yds or less)*	11:22.00	11:21.7	11:40.00	11:39.7
(Over 200m/220 yds)*	11:18.00	11:17.7	11:36.00	11:35.7
DISTANCE MEDLEY-YARDS#				
(200m/220 yds or less)*	11:25.50	11:25.2	11:43.50	11:43.2
(Over 200m/220 yds)*	11:21.50	11:21.2	11:39.50	11:39.2
HIGH JUMP	1.86M		1.76M	
LONG JUMP	6.33M		6.07M	
TRIPLE JUMP	12.90M		12.40M	
SHOT PUT	16.00M		14.55M	

\* - Size of track.

# - Altitude adjustment available.

1995 DIVISION I MEN'S & WOMEN'S

OUTDOOR



NCAA® TRACK  
CHAMPIONSHIPS  
KNOXVILLE

# WOMEN'S RECORDS

EVENT	FSU OUTDOOR RECORD	MIKE LONG TRACK RECORD	ACC OUTDOOR RECORD	COLLEGIATE RECORD
<b>100 METER DASH</b>	11.20, 1986 Michelle Finn	11.27, 1984 Randy Givens, FSU	11.36, 1987 Sonja Fridy, Virginia	10.78, 1989 Dawn Sowell, LSU
<b>200 METER DASH</b>	22.31, 1983 Randy Givens	23.08, 1986 Pauline Davis, Alabama	23.03, 1992 Kim Graham, Clemson	22.04, 1989 Dawn Sowell, LSU
<b>400 METER DASH</b>	49.91, 1984 Marita Payne	52.37, 1987 Janet Davis, FSU	51.35, 1992 Nelrae Pasha, Georgia Tech	49.91, 1984 Marita Payne-Wiggins, FSU
<b>800 METER RUN</b>	2:04.6, 1982 Ovrill Dwyer-Brown	2:03.8, 1986 Linda Detiefsen, Athletics West	2:02.07, 1983 Tina Krebs, Clemson	1:58.33, 1985 Claudette Groenendaal, Oregon
<b>1500 METER RUN</b>	4:18.56, 1985 Nancy Rettie	4:16.42, 1988 Evelyn Adiru, Alabama	4:13.42, 1988 Rosalind Taylor, Maryland	4:05.81, 1991 Sonia O'Sullivan, Villa/IRL
<b>3000 METER RUN</b>	9:22.94, 1984 Margaret Coomber	8:47.73, 1984 Wendy Sly, Great Britain	8:59.79, 1983 Betty Springs, N.C. State	8:27.35, 1988 Vicki Huber, Villanova
<b>5000 METER RUN</b>	16:39.4, 1981 Darien Andreu	16:00.68, 1986 Patti S. Plumer, Puma Track Club	15:33.43, 1983 Betty Springs, N.C. State	15:07.56, 1985 Kathy Easker, Wisconsin
<b>10,000 METER RUN</b>	34:32.75, 1987 Kerrie Yenchak	34:27.75, 1987 Kerrie Yenchak, Edinboro	32:36.20, 1986 Kathy Ormsby, N.C. State	32:22.97, 1992 Carole Zajac, Villanova
<b>100 METER HURDLES</b>	13.06, 1991 Kim Batten	12.92, 1988 Kim McKenzie,	13.38, 1991 Sharon Couch, Mazda Track Club	12.61, 1988 Gail Devers, UCLA North Carolina
<b>400 METER HURDLES</b>	53.98, 1991 Kim Batten	56.08, 1984 Angela Wright-Scott, Bud Light TC	56.86, 1992 Rebecca Russell, North Carolina	53.41, 1984 Janeene Vickers, UCLA
<b>4 X 100M RELAY</b>	42.94, 1983 Wright, Payne, Cliette, Givens	43.9, 1984 Finn, Payne, Cliette, Givens, FSU	44.29, 1992 Johnson, Covington, Verdun, Lyons, FSU	42.50, 1989 Stanley, Sowell, Sheffield, Jones, Louisiana State
<b>4 X 400M RELAY</b>	3:28.46, 1983 Givens, Cliette Wright, Payne	3:34.07, 1987 Levy, Thompson Davis, Curry, FSU	3:32.17, 1990 Russell, Pollard, Putnam, Mackey, North Carolina	3:27.53, 1992 Beasley, Freeman Mitchell, Howard, UF
<b>LONG JUMP</b>	21-8 ½, 1990 Sonya Blades	21-6 ¾, 1986 Esmeralda Garcia, FSU	21-9 ½, 1990 Dana Boone, Virginia	23-9, 1985, 1987 Jackie Joyner, UCLA
<b>TRIPLE JUMP</b>	44-10 ¾, 1986 Esmeralda Garcia	43-6 ¾, 1986 Esmeralda Garcia, FSU	43-10 ½, 1987 Kathy Harrison, Georgia Tech	46-0 ¾, 1990 Sheila Hudson, California
<b>HIGH JUMP</b>	6-1 ½, 1983 Wendy Markham Holly Kelly, 1991	6-0 ½, 1984 Bridgette Reid, Canada	6-3 ½, 1992 Tisha Waller, North Carolina	6-5 ½, 1987 Lisa Bernhagen, Stanford Tanya Hughes, Arizona
<b>SHOT PUT</b>	48-0, 1994 Shannon Cook	49-2, 1988 Colleen Rosensteel, UF	55-9, 1983 Marita Walton, Maryland	62-3 ¾, 1983 Meg Ritchie, Arizona
<b>DISCUS</b>	150-5, 1992 Tanya Grannemann	189-3, 1986 Kathy Landry, Alabama	178-2, 1992 Lynda Lipson, North Carolina	221-5, 1983 Meg Ritchie, Arizona
<b>JAVELIN</b>	174-10, 1990 Kari Keith	182-8, 1985 Susie Ray, UF	183-8, 1989 Julia Solo, Virginia	211-5, 1981 Karin Smith, Cal Poly SLO
<b>HEPTATHLON</b>	5410, 1991 Carmellia Shivers	5402, 1990 Carmellia Shivers, FSU	5578, 1992 Nicky Hudson, North Carolina	6718, 1985 Jackie Joyner, UCLA

# LADY SEMINOLE ALL-AMERICANS

## CROSS COUNTRY

1981 Darien Andreau

## INDOOR

1981 Darien Andreau - 5,000m (5th); Alice Bennett - long jump (4th); Esmeralda Garcia - long jump (2nd), 60m (2nd); Angela Wright - 400m (4th); Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne - 4x200 (1st); Margaret Coomer - 1,000m (3rd); Scooby Golden, Debbie Moore, Marita Payne, Angela Wright - 4x400 (4th)

1982 Tonya Brown - 60-yd hurdles (7th); Ovrill Dwyer-Brown - 600 yards (5th); Margaret Coomer - 1,000 yards (8th); Carolyn Faison - 60-yd hurdles (6th); Randy Givens - 300 yards (2nd); Marita Payne - 60m (7th), 300 yards (4th); Angela Wright - 440 yards (6th); Carla Borovicka, Ovrill Dwyer-Brown, Margaret Coomer - 4x800 (1st); Alice Bennett, Randy Givens, Marita Payne, Janette Wood - 4x200 (2nd); Tonya Brown, Ovrill Dwyer-Brown, Scooby Golden, Angela Wright - 4x400 (6th)

1983 Wendy Markham - high jump (3rd)

1984 Carla Borovicka - 1,500m (6th); Margaret Coomer - 1,500m (5th); Michelle Finn - 55m (4th); Ovrill Dwyer-Brown, Brenda Cliette, Janet Davis, Janet Levy, 4x400 (2nd)

1985 Michelle Finn - 55m (1st); Esmeralda Garcia - triple jump (1st); Nancy Rettie - 1,000m (3rd); Kelly Hackler, Chris McKay, Brenda Moore, Nancy Rettie - 4x800 (5th)

1986 Michelle Finn - 55m (2nd); Esmeralda Garcia - long jump (2nd)

1987 Michelle Finn - 55m (2nd)

1988 Kim Batten - triple jump (5th)

1990 Kim Batten - triple jump (5th); Carrie Boyd - 4x800 (6th); Sonya Blades - long jump (9th); Carrie Boyd, Tracey Howze, Karla Severs, Angela Harris - 4x800 (6th); Holly Kelly - high jump (4th), Patrice Verdun - 200m (6th), 55m

1991 Holly Kelly - high jump (4th)

Kim Batten - triple jump (5th)

1993 Sheryl Covington - 55m (8th), 200m (7th); Trinet Johnson - long jump (8th)

## OUTDOOR

1981 Esmeralda Garcia - long jump (2nd), 100m (5th); Randy Givens - 200m (3rd); Marita Payne - 400m (2nd); Angela Wright - 400m (6th); Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne - 4x100 (1st); Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne - 800 medley relay (6th); Marita Payne, Angela Wright, Janette Wood - 4x400 (4th)

1982 Alice Bennett - long jump (8th); Tonya Brown - 100 hurdles (4th), 400m IM hurdles (1st); Margaret Coomer - 1,500m (7th), 200m (3rd); Wendy Markham - high jump (tied-5th); Marita Payne - 200m (4th), 400m (3rd); Angela Wright - 400m (7th); Ovrill Dwyer-Brown, Randy Givens, Marita Payne, Angela Wright - 4x400 (2nd); Alice Bennett, Randy Givens, Marita Payne, Angela Wright - 4x100 (2nd)

1983 Ovrill Dwyer-Brown - 400m IM hurdles (8th); Brenda Cliette - 100 (3rd), 200m (4th); Randy Givens - 100m (6th), 200m (3rd); Wendy Markham - high jump (2nd); Marita Payne - 200m (6th), 400m (5th); Angela Wright - 400m IM hurdles (3rd); Brenda Cliette, Randy Givens, Marita Payne, Angela Wright - 4x100 (1st); Brenda Cliette, Randy Givens, Marita Payne, Angela Wright - 4x400 (1st)

1984 Ovrill Dwyer-Brown - 400m IM hurdles (6th); Brenda Cliette - 100m (2nd), 200m (2nd); Janet Davis - 200m (6th); Michelle Finn - 100m (4th); Randy Givens - 100m (1st), 200m (6th); Marita Payne - 200m (3rd), 400m (1st); Brenda Cliette, Michelle Finn, Randy Givens, Marita Payne - 4x100 (1st); Brenda Cliette, Janet Davis, Randy Givens, Marita Payne - 4x400 (1st)

1985 Michelle Finn - 100m (1st), 200m (2nd); Esmeralda Garcia - triple jump (1st), long jump (5th), 100m (3rd); Michelle Finn, Esmeralda Garcia, Andrea Thompson, Janet Levy - 4x100 (3rd)

1986 Michelle Finn - 100m (5th), 200m (7th); Michelle Finn, Esmeralda Garcia, Janet Levy, Andrea Thompson - 4x400 (5th); Esmeralda Garcia - triple jump (2nd)

1987 Janet Davis - 400m (5th); Michelle Finn - 100m (4th), 200m (6th); Michelle Finn, Janet Davis, Janet Levy, Andrea Thompson - 4x100 (1st)

1990 Kari Keith - javelin (8th); Kim Batten - 100m (8th), 400m hurdles (2nd); Carmellia Shivers - heptathlon (9th); Patrice Verdun, Lisa Horton, Trinet Johnson, Batten - 4x100 (4th)

1991 Holly Kelly - high jump (4th); Carmellia Shivers - heptathlon (10th); Kim Batten - 100m (4th), 400m hurdles (3rd); Andi Lyons, Sheryl

Covington, Verdun, Batten - 4x100 (6th)

1992 Trinet Johnson - long jump (6th); Patrice Verdun - 200m (9th); Trinet Johnson, Patrice Verdun, Andi Lyons, Sheryl Covington - 4x100 (7th)

1993 Trinet Johnson - long jump (7th)

1994 Sophia Danvers, Radhiya Teagle, Erica Shepard, Sheryl Covington - 4x100 (8th), Sheryl Covington - 400m (5th)

## LADY SEMINOLE CHAMPIONS

### INDIVIDUAL NCAA CHAMPIONS

**Tonya Brown** — 1982 - Outdoor 400m IH

**Michelle Finn** — 1985 - Indoor 55m Dash,  
1985 - Outdoor 100m Dash

**Esmeralda Garcia** — 1985 - Indoor Triple Jump,  
1985 - Outdoor Triple Jump

**Randy Givens** — 1984 - Outdoor 100m Dash,  
1984 - Outdoor 200m Dash

**Marita Payne** — 1982 - Outdoor 400m Run,  
1984 - Outdoor 400m Run

### NCAA CHAMPIONSHIP RELAY TEAMS

#### 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, Ovrill Dwyer-Brown,  
Carla Borovicka, Margaret Coomer

#### 1983 Outdoor 400-Meter Relay

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

#### 1984 Outdoor 1,600-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

#### 1987 Outdoor 400-Meter Relay

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

## LADY SEMINOLES IN THE OLYMPICS

### 1992-BARCELONA, SPAIN

**Michelle Finn** (United States), 400 Meter Relay (Gold Medal)

### 1988-SEOUL, SOUTH KOREA

**Marita Payne** (Canada), 400 Meters

### 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

# INDOOR RECORDS

## LADY SEMINOLE INDOOR

55m Dash	Michelle Finn	6.72	1986
55m Hurdles	Kim Batten	7.67	1991
200m Dash	Sheryl Covington	23.86	1993
400m Dash	Janet Davis	54.21	1984
800m Run	Angela Harris	2:07.24	1991
Mile Run	Margaret Coomber	4:45.79	1984
3,000m Run	Gale Grant	9:55.90	1981
1,600m Relay	Janet Davis, Janet Levy, Brenda Cliette, Dwyer Brown	3:37.47	1984
3,200m Relay	Nancy Rettie, Chris Mackey Kelley Hackler, Brenda Moore	8:38.34	1985
Long Jump	Sonya Blades	21'8.5"	1990
Triple Jump	Esmeralda Garcia	44'4"	1985
High Jump	Holly Kelly	6'1/4"	1989
Shot Put	Shannon Cook	47'3/4"	1994

## ACC WOMEN'S INDOOR

55m Dash	Kendra Mackey, North Carolina	6.86	1991
55m Hurdles	Sharon Couch, North Carolina	7.63	1991
200m Dash	Kim Graham, Clemson	23.59	1992
400m Dash	Nelrae Pasha, Georgia Tech	53.43	1992
800m Run	Rebecca Russell, North Carolina	2:06.62	1992
Mile Run	Rosalind Taylor, Maryland	4:42.92	1989
3,000m Run	Katrina Price, N.C. State	9:25.35	1991
5,000m Run	Laurie Gomez, N.C. State	15:55.26	1991
1,600m Relay	Georgia Tech (Jones, O'Neal, Dempsey, Pasha)	3:39.91	1982
3,200m Relay	North Carolina (Miller, Chambers, Verrinder, Pollard)	7:32.72	1987
High Jump	Natasha Alleyne, Georgia Tech	6'2/4"	1992
Long Jump	Trinette Johnson, Florida State	21'2"	1993
Triple Jump	Marchelle Payne, Maryland	43'9/4"	1992
Shot Put	Kelly Bodiford, Virginia	51'4/4"	1991

## NCAA WOMEN'S INDOOR

55m Dash	Gwen Torrence, Georgia	6.56	1987
55m Hurdles	Michelle Freeman, Florida	7.34	1992
200m Dash	Merlene Otley, Nebraska	22.79	1982
400m Dash	Maicel Malone, Arizona State	51.05	1991
800m Run	Meredith Rainey, Harvard	2:02.77	1990
Mile Run	Vicki Huber, Villanova	4:28.31	1988
3,000m Run	PattiSue Plumer, Stanford	8:53.54	1983
5,000m Run	Sonia O'Sullivan, Villanova	15:17.28	1991
High Jump	Lisa Bernhagen, Stanford	6'5/2"	1987
Long Jump	Carol Lewis, Houston	22'3"	1985
Triple Jump	Sheila Hudson, California	45'9"	1990
Shot Put	Regina Cavanaugh, Rice	57'11/4"	1986
4x400	Texas	3:32.01	1990
4x800	Villanova	8:25.5	1987

## SEMINOLE INDOOR

55m Dash	Mike Roberson	6.13	1979
55m Hurdles	Arthur Blake	7.05	1988
400m Dash	Kevin Ansley	46.73	1993
800m Dash	Rob Circelli	1:48.86	1991
Mile Run	Cliff Cook	4:05.60	1979
3,000m Run	Herb Wills	8:04.10	1982
5,000m Run	Herb Wills	14:00.10	1982
1,600m Relay	Leander McKenzie, Charlie Carr, Vince Washington, Reggie Ross	3:08.67	1984
3,200m Relay	Allen Williams, Billy Pennick Mark Bednarz, Jason Frank	7:29.00	1990
Shot Put	Mike Bell	59'0"	1987
Pole Vault	Jeff Bray	18'0.5"	1993
High Jump	Darrell Wills	7'3.5"	1986
Long Jump	Billy Close	25'6/4"	1987
Triple Jump	Kelsey Nash	53'11/4"	1994
200m	Jonathan Carter	21.09	1994

## ACC MEN'S INDOOR

55m Dash	Michael Green, Clemson	6.10	1993
55m Hurdles	Larry Ryans, Clemson	7.12	1992
	Duane Ross, Clemson		1993
200m Dash	Reggie Harris, North Carolina	20.60	1992
400m Dash	Reggie Harris, North Carolina	45.94	1992
800m Run	Conrad Nichols, Georgia Tech	1:49.06	1993
Mile Run	Tony Waldrop, North Carolina	3:56.4	1974
3,000m Run	Jim Farmer, North Carolina	8:10.33	1988
5,000m Run	Yehezkel Halifa, Clemson	14:04.79	1989
1,600m Relay	Georgia Tech (Terry, Amedee, Adkins, Mills)	3:10.35	1993
3,200m Relay	Clemson (Soggs, Hines, Whittman, Herrington)	7:26.99	1989
High Jump	William Skinner, Maryland	7'3/2"	1987
Long Jump	Allen Johnson, North Carolina	26'8/2"	1993
Triple Jump	Mike Patton, N.C. State	54'4/2"	1988
Pole Vault	Jeff Bray, Florida State	18'1/2"	1993
Shot Put	Mike Spiritoso, Clemson	63'4"	1987
35-Lb Throw	Sean Murray, North Carolina	62'2/2"	1991

## NCAA MEN'S INDOOR

55m Dash	Lee McRae, Pittsburgh	6.00	1986
55m Hurdles	Renaldo Nehemiah, Maryland	6.89	1979
200m Dash	Michael Johnson, Baylor	20.59	1989
400m Dash	Tyrone Kemp, Florida	45.78	1990
800m Run	Paul Ereng, Virginia	1:44.84	1989
Mile Run	Tony Waldrop, North Carolina	3:55	1974
3,000m Run	Joe Falcon, Arkansas	7:46.42	1989
5,000m Run	Suleiman Nyambui, Texas El Paso	13:20.4	1981
High Jump	Hollis Conway, SW Louisiana	7'9/4"	1989
Long Jump	Carl Lewis, Houston	27'10/4"	1981
Triple Jump	Charlie Simpkins, Baptist	57'5"	1981
Pole Vault	Istvan Bagyula, George Mason	19'1"	1992
Shot Put	Terry Albritton, Stanford	70'6/2"	1977
4x400	Baylor	3:04.89	1992
4x800	Clemson	7:17.45	1989

# FLORIDA STATE ACADEMICS

**Academic**, personal and professional support are essential to college success. At Florida State University, we have developed an outstanding support program which enables student-athletes to reach their full potential.

FSU's academic support philosophy is "to offer an academic support program integrated with the total university that will assess all student-athletes with the transition into college and provide continued support in all phases of academic and professional development culminating with graduation, job placement or graduate school."

To accomplish this goal we have developed an academic environment which facilitates the academic success of student-athletes. Student success is encouraged through competent academic counseling, career exploration, planning and placement and academic assistance through tutorial programs.

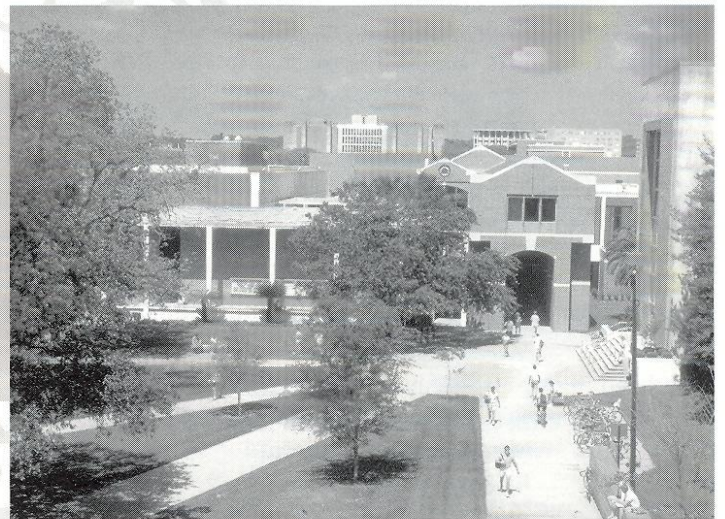
Our program operates on a "proactive" rather "reactive" approach. At Florida State, our academic staff does not wait for an academic crises to occur. We gather important background information and build an academic profile on all student-athletes to assess their needs in advance. We also stay informed on the daily progress of each student athlete.

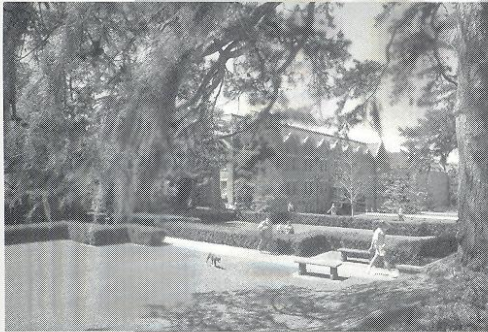
The academic programs have moved to the state-of-the-art University Center and will be located on the sixth floor of the \$126 million facility. It includes private study carrels, a tutorial study area and a computer lab outfitted with 16 new IBM computers and laser printers. In addition, athletic sky boxes are utilized for group and individual tutorial instruction.

FSU offers 16 Schools and Colleges with 99 undergraduate degrees and 75 post-baccalaureate degrees. ■

## SCHOOLS AND COLLEGES

Arts and Sciences	Music
Business	Nursing
Communication	Social Sciences
Criminology	Social Work
Education	Theatre
Engineering	Visual Arts and Dance
Human Sciences	
Interdisciplinary	
Motion Picture, Television, and Recording Arts	





## FLORIDA STATE UNIVERSITY 1995 TRACK & FIELD SCHEDULE

### INDOOR

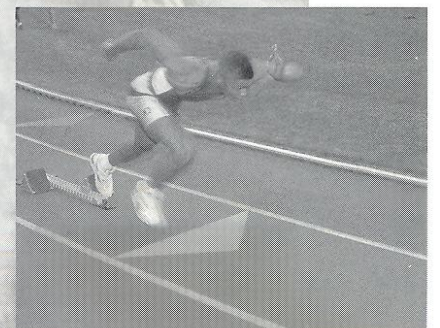
January 12	Gator Indoor Relays – Gainesville, FL
January 22	Florida Indoor Invitational – Gainesville, FL
January 29	Barnett Bank Invitational – Gainesville, FL
February 4	Holiday Inn Invitational* – Reno, NV
February 24-25	ACC Indoor Championships – Greensboro, NC
March 2	Florida Fast Times-Last Chance – Gainesville, FL
March 4	USAT&F National Indoor Champs# – Atlanta, GA
March 10-11	NCAA Indoor Championships – Indianapolis, IN

### OUTDOOR

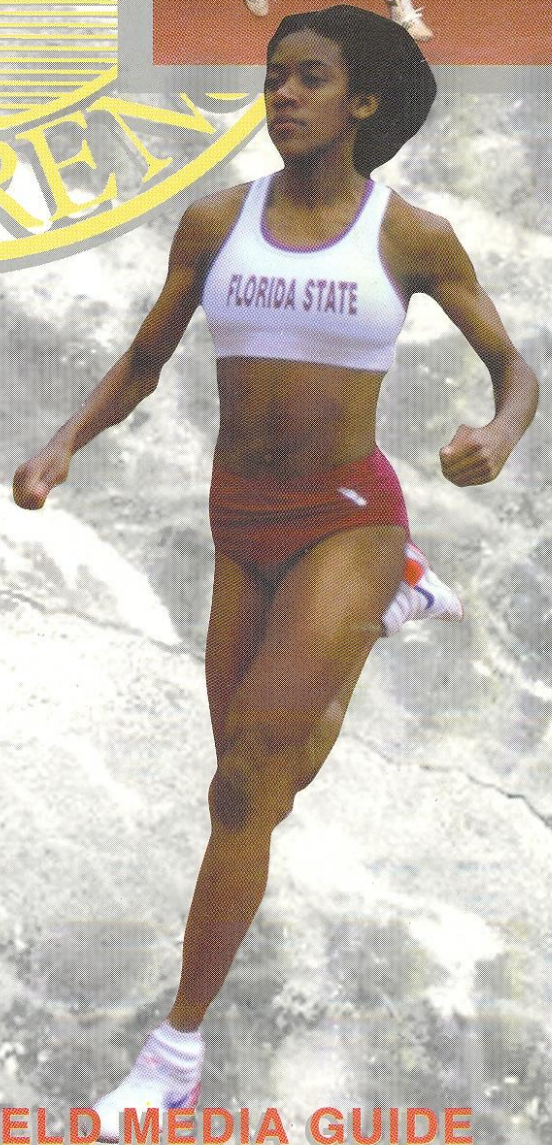
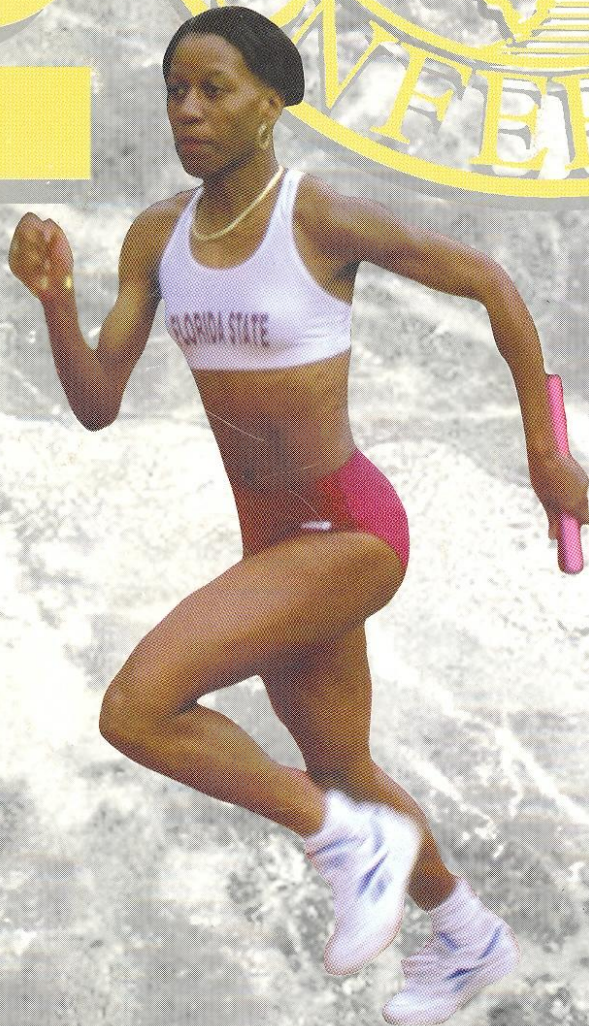
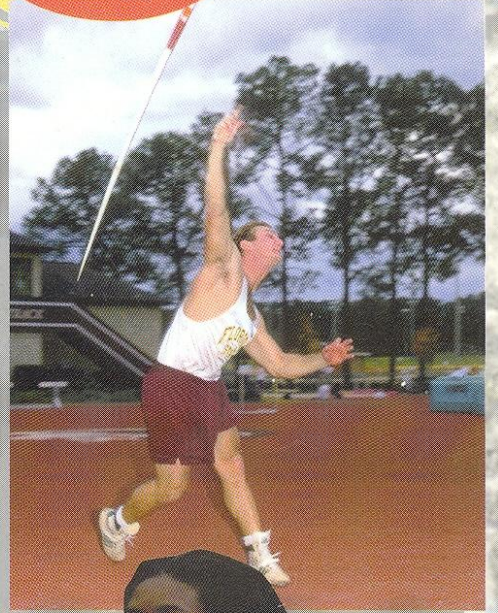
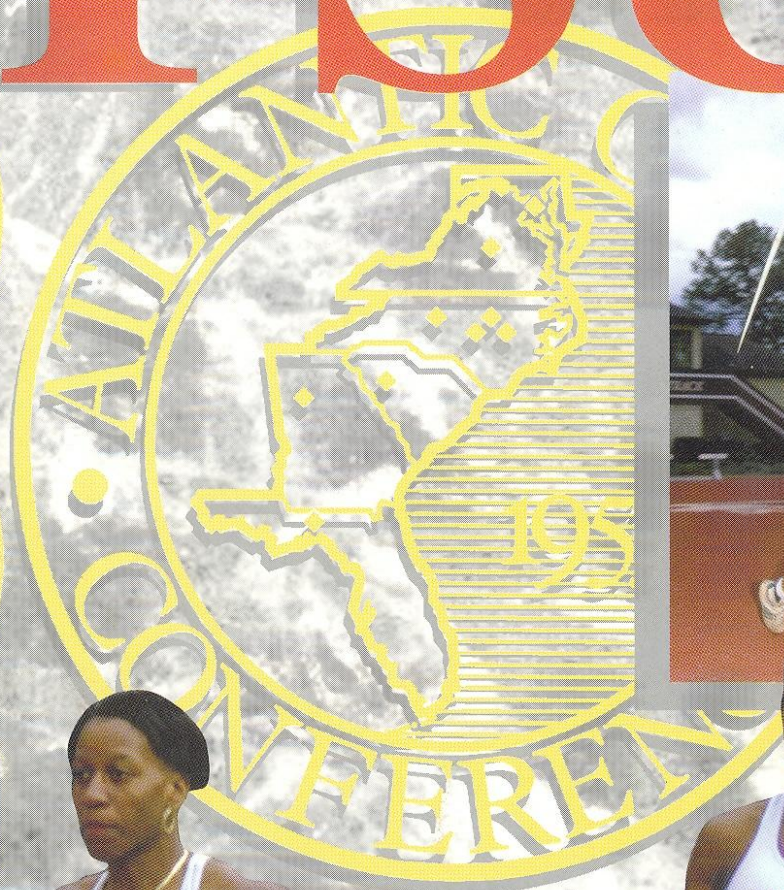
March 11	FAMU Relays – Tallahassee, FL
March 15-16	FSU Relays Multi-Events – Tallahassee, FL
March 17-18	FSU Relays – Tallahassee, FL
March 24-25	Florida Relays – Gainesville, FL
April 1	Auburn-Middle Tennessee-FSU – Auburn, AL
April 8	FAMU-South Florida – Tallahassee, FL
April 14	South Florida Open – Tampa, FL
<b>April 21-22</b>	<b>ACC Outdoor Championships – Wake Forest</b>
April 27-29	Penn Relays* – Philadelphia, PA
April 30	Florida Field Events Weekend – Gainesville, FL
May 5-6 or May 6 or May 7	Run-Tex Invitational* – Austin, TX Jesse Owens Classic* – Columbus, OH Florida Open – Gainesville, FL
May 13	Seminole Twilight – Tallahassee, FL
May 20	Griffin Invitational – Atlanta, GA
May 31-June 3	NCAA Outdoor Championships# – Knoxville, TN
June 15-17	USAT&F Outdoor Championships# – Sacramento, CA
June 23-24	USAT&F Junior Championships# – Mt. SAC, CA

\* – Invitation by meet director required

# – Participation based upon athletes meeting performance standards



# FOR FSU



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