




FLORIDA STATE TRACK

**50**

1947 1997

**SEMINOLES**



GARNET & GOLDEN.

**1997**

**FLORIDA STATE**

*Track & Field*

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# Media Information

## FLORIDA STATE FACTS

|                             |                            |
|-----------------------------|----------------------------|
| President                   | .....Sandy D'Alemberte     |
| Location                    | .....Tallahassee, FL       |
| Enrollment                  | .....30,200                |
| Founded                     | .....1857                  |
| Nickname                    | .....Seminoles             |
| Colors                      | .....Garnet and Gold       |
| Conference                  | .....Atlantic Coast        |
| Facility                    | .....Mike Long Track       |
| Athletics Director          | .....Dave Hart, Jr.        |
| Athletics Director Phone    | .....(904) 644-2526        |
| Faculty Representative      | .....Charles Earhardt      |
| Sports Information Director | .....Rob Wilson            |
| Track and Field SID         | .....Jeff Purinton         |
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| Sports Information FAX      | .....(904) 644-3820        |
| SID Address                 | .....Moore Athletic Center |
|                             | .....P.O. Drawer 2195      |
|                             | .....Tallahassee, FL 32316 |

## TRACK and FIELD STAFF

|                            |                                     |
|----------------------------|-------------------------------------|
| Head Coach                 | .....Terry Long                     |
| Coach Long's Phone         | .....(904) 644-5550                 |
| Assistant Coaches          |                                     |
| Scott Irving               | .....Middle and Long Distance       |
| Andi Lyons                 | .....Sprints and Hurdles            |
| Harlis Meaders             | .....Throws                         |
| Dennis Nobles              | .....Pole Vault, Javelin, High Jump |
| Jim Long                   | .....Hurdles                        |
| Breeda Dennehy             | .....Women's Distance               |
| Karen Joseph               | .....Graduate Assistant             |
| Patrick Forand, Jaime Oser | .....Trainers                       |

## CREDITS

|                      |                                 |
|----------------------|---------------------------------|
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**Sandy D'Alemberte**  
President



**Dave Hart, Jr.**  
Athletics Director

The Florida State Athletic Department would like to thank the following members of the FSU Track and Field Officials Association: President John Goldinger, Vice President Eric Smith, Secretary Gregg Phifer, Treasurer Charles Yates, Bill Adams, Gene Branagan, Bill Davis, Mark Herman, Gene Hillesland, Carliane Johnson, George Kelly, Michael Klump, Steve E. Liner, Bob Obernier, Dave Rogers, Perry Shaw, Cheryl Sumner, A.J. Thomas, James Vanmatre, Fred Williams, Herb Wills and Felton Wright.



**Charles Earhardt**  
Faculty Representative

## NOTE TO THE MEDIA

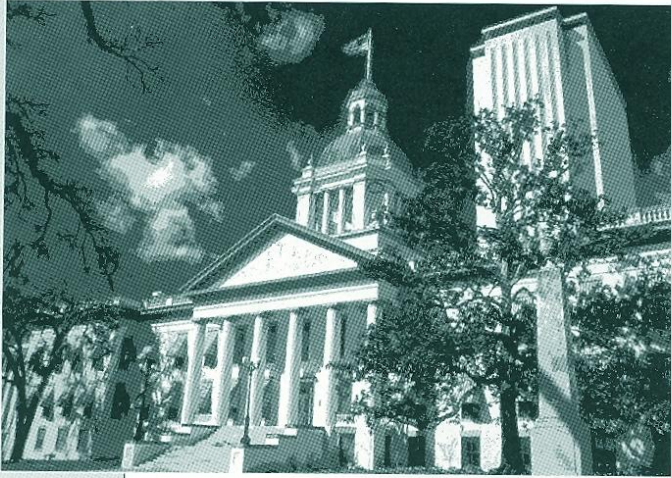
Florida State Track and Field meets are held at Mike Long Track on the campus of Florida State University. Members of the media may be seated in the press facility at the south end of the track. If any assistance is needed in covering the Seminoles at home, contact Jeff Purinton of the FSU Sports Information 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.

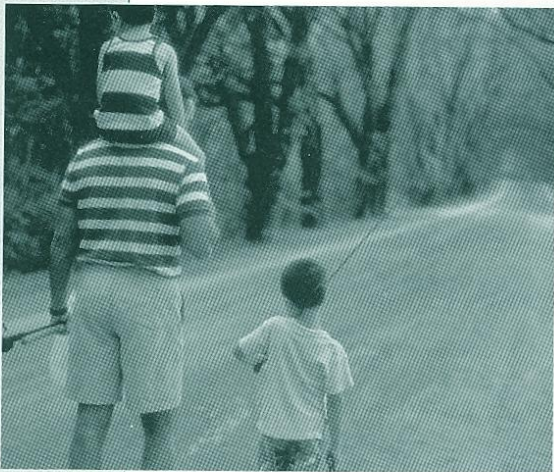


**Jeff Purinton**  
Track & Field SID

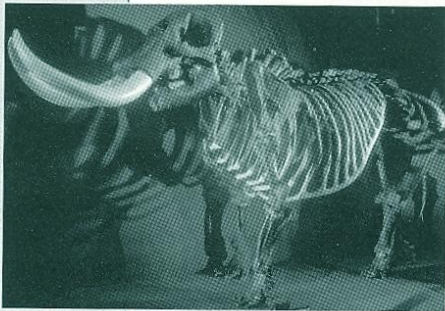
# This Is Tallahassee



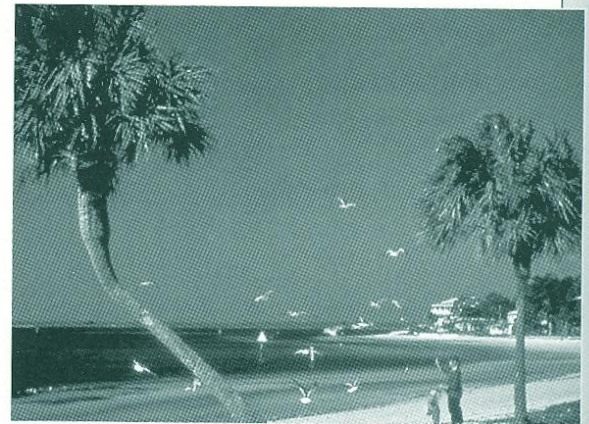
Near, but far from the glaring strips of neon amusement, and the castles and crowds of Disney, lies another magical place in the Sunshine State — one of pow-wows, plantations, politics and great pride. Often described as “The Other Florida” with its deep-rooted history, rolling hills, canopy roads of moss-draped oaks, cool climate and Southern-style hospitality; it is a Florida few have seen. It is Tallahassee — Florida with a Southern accent. Best known as Florida’s capital, Tallahassee is an intimate neo-metropolitan city where the power of state government, the academic and the artistic are complemented by subtle, old-fashioned charm. It is the perfect two-or three-day diversion for the more than 41 million annual visitors to Florida and 13 million residents. Tallahassee touts a menagerie of sights including one of the world’s deepest freshwater springs, site of



America’s first Christmas, a wildlife habitat, Capitol buildings, fascinating museums of history, sprawling plantations, highly acclaimed fishing and hunting adventures and nearby beaches. Spirited area festivals range from celebrations of Tallahassee’s spectacular spring and swamp stomps to genuine rattlesnake roundups and seafood festivals. With the Gulf of Mexico just 20 miles south and the Georgia border only 14 miles north, Tallahassee rests between the foothills of the Appalachian Mountains and the juncture of Florida’s panhandle and peninsula. Nearer in miles to Atlanta than to Miami, Tallahassee more closely resembles its Southern neighbors than Florida in topography, climate and lifestyle. Accentuating Tallahassee’s Southern persona are lush rolling hills, likened to the seven hills of Rome, and five “official” canopy roads of patriarch oaks.



The fertile, rich soil and four distinct, yet pleasant, seasons breed floral brilliance and natural vitality year-round. Like the city itself, the story of how Tallahassee was chosen as the state capital is rich in history. In 1823, two explorers set out — one on horseback from St. Augustine and the other by



boat from Pensacola — to find a permanent, central location for the Legislature to convene. The two met at a beautiful site that the Creek and Seminole Indians called “tallahassee” — derived from the words “talwa” meaning town and “ahasee” meaning old.

The rendezvous point remains Florida’s capital. The “old town” has undergone many changes, but one thing remains the same — it is still a government town fiercely proud and dedicated to preserving its heritage. The Capitol buildings, both old and new, epitomize Tallahassee’s perseverance. The 22nd floor of the New Capitol provides a panoramic scope of a sophisticated Southern city awash in a sea of flowering azaleas, snowy dogwoods, towering pines, fragrant magnolias, and hundreds of shimmering lakes, springs, swamps, rivers and sink holes. Special legislative viewing galleries are open during the legislative session. Below, in the shade of giant live oaks, proudly stands the Old Capitol, originally constructed in 1845 and restored to its 1902 splendor complete with red-and-white candy-striped awnings, a dome adorned with stained glass, antique furnishings and politi-





cal memorabilia. Across from the Old Capitol are the 40-foot twin granite towers of the Vietnam Veteran's Memorial, and the blue stone Union Bank, Florida's oldest surviving financial institution. The nostalgic Old Town Trolley, a replica turn-of-the-century street car, carries passengers through restored Adams Street Commons to numerous other historical downtown shops for free — unheard of even 100 years ago. Minutes from downtown lies the Governor's



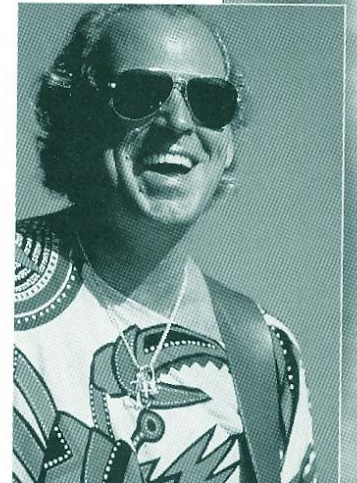
Mansion, which resembles the home of Florida's military hero Andrew Jackson; and the 52-acre natural animal habitat and 1880s farm of the Tallahassee Museum of History and Natural Science, which provide the rare chance to walk and talk with native Florida animals. Tallahassee remains firmly linked with the past as evidenced by the unearthed 1539 winter encampment of Spanish Hernando de Soto, the site of the first Christmas celebration in America. Visitors travel back through time as they stand in the shadow of a giant 12,000-year-old American Mastodon at the Museum of Florida History or explore other historical spots including The Knott House that Rhymes, The Columns, San Luis Mission, Lake Jackson State Archaeological Site, Natural Bridge Battlefield, First Presbyterian Church, Brokaw-McDougall House, Goodwood Plantation and Adams Street Commons. Nearby, alligators lazing in the sunshine and anhinga "snake birds" perched on twisted cypress branches are seen at Wakulla Springs, one of the world's deepest freshwater springs and site of many underwater scenes in the "Tarzan" movies with Johnny Weissmuller and Maureen O'Sullivan. Safaris aboard glass-bottomed and jungle cruise boats whisk



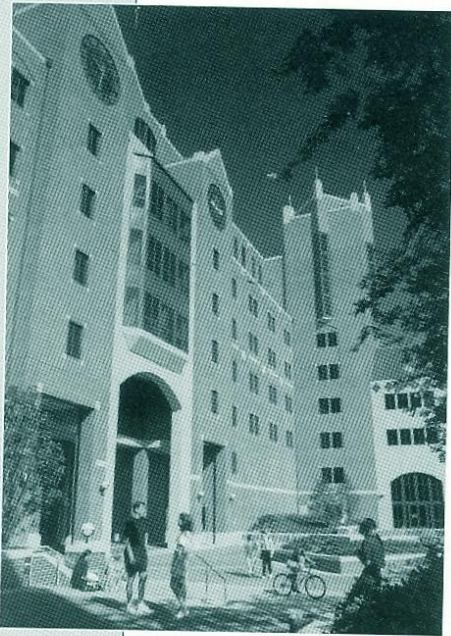
visitors within arm's length of "The Other Florida." Outdoor enthusiasts enjoy adventures including boating and fishing on area lakes, rivers, ponds and the Gulf — just 30 minutes away. Lakes Seminole, Jackson and Talquin are renowned in the bass fishing world for yielding the "big ones," and dense forests offer an abundance of prize-winning game. Local wildlife areas such as the Florida National Scenic Trail, St. Marks National Wildlife Refuge and Apalachicola National Forest are among many spots for camping, picnicking, swimming, biking and exploring. Appealing to the strokes of different folks, Tallahassee also features 99 holes of golf on six courses and a proliferation of tennis centers. Sideline athletes cheer the nationally-ranked Florida State Seminoles, Florida A&M Rattlers and the Tallahassee Tiger Sharks, of the East Coast Hockey League. And always a sure bet are the nearby greyhound races. A sport of sorts, shopping at two regional malls and many specialty centers offer many "playing options" — from popular chains



to curiosity and antique shops. Cultural interests are sparked by widely-acclaimed museums and galleries and elaborate entertainment at the 14,000-seat Tallahassee-Leon County Civic Center. Tallahassee is a collaboration of power-play politics and classical character splashed with a twist of Southern beauty and charm. Tallahassee is Florida with a Southern accent.



# This Is Florida State



Florida State University, which will mark its golden anniversary as a coeducational graduate research institution in 1997, has joined the nation's elite in both academics and athletics.

Located on the oldest continuous site of higher education in Florida and building rapidly on the framework of a highly regarded liberal arts college for women, the University has emerged over the past 49 years as an institution of national and international esteem. Its stature is evidenced by a number of additions to its record of excellence in the 1990s:

- In 1994, Florida State was classified a "Research University I" by the Carnegie Foundation, placing it among the nation's top research universities.
- In 1994, the college referral service, "Who's Who Among American High School Students," placed FSU among its top 10 - with such universities as Harvard, Duke, Stanford, North Carolina-Chapel Hill, Michigan-Ann Arbor and Yale - of most frequent choices of more than 100,000 of the nation's best and brightest high school students who asked that a specific college be notified of their recognition in "Who's Who."
- Vice President of the United States Al Gore spoke at the dedication of the National High Magnetic Field Laboratory at Florida State in 1994. The National Science Foundation established the \$100 million magnet lab at FSU, which is partnered in research with the Los Alamos National Laboratory and the University of Florida, in 1990. A Nobel laureate in physics and a top Russian physicist were among the first scholars drawn to the facility. The world's largest magnet - two stories high and capable of generating 45 tesla or 1 million times the Earth's magnetic field - was installed in 1995 at the NHMFL, located in the off-campus research complex, Innovation Park.
- In 1996, the NSF renewed and increased by 50 percent the NHMFL's funding for another five years.
- FSU created the first multipurpose student identification/banking card. The Card Application Technology Center is a national leader in "smart card" systems.
- At the forefront of supercomputing since obtaining its first high speed computer in 1985, FSU took yet another step in ultrafast and parallel computing in 1990 when it acquired two supercomputers, the Thinking Machine Corp. Connection Machine and the Cray Y-MP.
- In fall 1994, the first tenants moved into the east side of the \$100 million University Center, a classroom-and-office facility at Doak Campbell Stadium; the stadium's south end zone was also enclosed and the adjacent Moore Athletic Center expanded. When the west side is completed in 1996, University Center will provide 550,000 square feet of much needed academic space and a centralized location for student services.
- One of the first academic areas to make its home in University Center, was the FSU School of Motion Picture, Television and Recording Arts. Offering training for one of Florida's fastest growing industries, FSU conferred its first master's degree in film in 1991 and it's first bachelor's in film in 1993. The film school's students have already produced national and international award-winning films.
- The Center for Civic Education and Service was established in 1994 aimed at promoting community involvement and civic responsibility as integral elements of a liberal arts education at FSU. The center supports such service-learning programs as Project Amistades, which provides educational services to migrant farmworkers. Through ServScript, student's service may be recorded on their official academic transcript.
- In 1990, Florida State ranked second in popularity nationwide among high school seniors, based on the number of students who request that their Scholastic Aptitude Test (SAT) scores be sent to an institution. FSU was the only institution listed among the top 10 choices of both black and white college-bound students.
- FSU's high-tech program in structural biology in 1991 received the University's largest single foundation grant, \$4 million.
- Capping more than a decade of national prominence in intercollegiate athletics, Florida State's athletic teams, nicknamed "Seminoles," joined the Atlantic Coast Conference as its ninth member in 1990. The FSU football team won the 1993 National Championship and its quarterback, Charlie Ward, won the University's first Heisman Trophy.
- To better understand the world's cultural diversity, FSU undergraduate students are required to complete at least two courses that focus on diverse traditions beyond Western civilization. The multicultural study requirement, in effect since 1991, complements a long-established liberal studies program at Florida State.
- The Dr. Bobby E. Leach Center, a state-of-the-art student recreation facility, with a pool, saunas, basketball and racquet-sport courts, was completed in 1991.
- The Appleton Museum of Art in Ocala, its vast art collection and an eminent scholar chair were donated to FSU and Central Florida Community College in 1990.
- FSU ranked 20th in the nation for 1990-91 in the number of black Ph.D. students it graduates. Over the five years, 1986 to 1990, FSU ranked eighth nationally by granting doctorates to 70 African-Americans.

- FSU acquired the Asolo Performing Arts Center in Sarasota, home to the graduate theater program, the FSU/Asolo Conservatory of Professional Actor Training.

As this list of highlights attests, Florida State is excelling in the 1990's with exceptional strength, energy and vision for the future. Under the leadership of the University's 12th president, Talbot "Sandy" D'Alemberte, who took office in January 1994, FSU will continue to build on the foundation of its history of excellence in scholarship, research and service.

A senior member of the 10-member State University System, FSU was founded as an institution of higher learning in 1851 by legislative act and began in Tallahassee with its first students in 1857.

Today, FSU's operating budget is \$452.5 million. Faculty and administrators generate more than \$99.9 million annually in external funding to supplement state-sponsored research. Three direct-support organizations serve to bolster the University; FSU Foundation, which raises millions in private gifts to support academics, Seminole Boosters and FSU Alumni Association.

The main campus is spread over 450.6 acres in Tallahassee; FSU, which has one of the smallest campuses in the SUS, has been actively acquiring land in the 1990s after years of being landlocked at 847 acres. FSU owns 1,303 acres in Leon, Bay, Franklin and Sarasota counties.

Within the state, the University maintains facilities at its 25-acre campus in Panama City, its Marine Laboratory on the Gulf of Mexico, the Appleton Museum in Ocala and the Asolo Performing Arts Center in Sarasota. The Center for Professional Development and Public Service, housed in the Augustus B. Turnbull III Florida State Conference Center on the edge of the campus, provides extensive credit and non-credit continuing education programs statewide.

For years FSU has reached far beyond Florida through international programs in Switzerland, France, Panama, Costa Rica and the Caribbean. FSU's study centers in Florence, Italy and London, England are considered by many to be the nation's best in Europe.

Florida State offers 283 graduate and undergraduate degree programs through its eight colleges - Arts and Sciences; Business; Communication; Education; Engineering (operated jointly with Florida A&M University, a historically black institution); Human Sciences; Law; and Social Sciences (which also incorporates the Reubin Askew School of Public Administration and Policy) - and eight schools - Criminology and Criminal Justice; Library and Information Studies; Motion Picture, Television and Recording Arts; Music; Nursing; Social Work; Theatre; and Visual Arts and Dance.

With 1,671 members, the FSU faculty has five National Academy of Sciences members and eight American Academy of Arts and Sciences members, and has included five Nobel laureates. It is backed by 2,990 administrative/professional and support staff.

Library holdings at Florida State include 2.1 million book titles, 18,296 serials and 4.4 million microforms. The main library facility, the Robert M. Strozier Library, is linked by computer to other state university and national research libraries. The Paul A.M. Dirac Science Center Library is located at the heart of the University's science research complex. FSU also maintains extensive music, library science and law libraries.

On the top floor of the Dirac Library is the headquarters of the Supercomputer Computations Research Institute, a multidisciplinary, multinational program established in 1984 that brings together some 50 scientists, engineers and technicians.

Also providing research opportunities is the tandem Van de Graff Superconducting Accelerator Laboratory, which houses two powerful atom smashers and has been ranked among the top four nuclear research centers in the nation by the National Science Foundation.

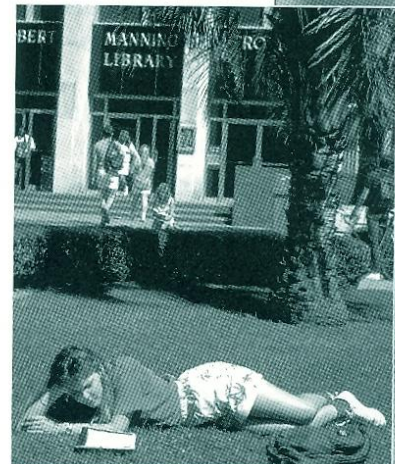
Graduate students, who number more than 5,856, pursue advanced degrees in fields as diverse as business administration and theoretical particle physics. A majority of research done at FSU is the direct result of student effort, culminating in numerous books, monographs and journal articles relating to the whole spectrum of intellectual interests and the practical needs of society.

FSU, a residential campus, places a high priority on its 30,268 students and their needs and interests (of the student population: 45 percent are male; 55 percent are female; 18.5 percent are minorities; and 2.4 percent are foreign students). The University Honors Program, Disabled Student Services, International Student Center, Student Government, Flying High Circus and intramural sports are among more than 200 organizations and activities in which students can participate.

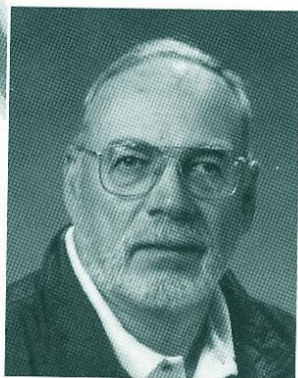
Situated in the heart of the state's thriving capital city, Florida State's main campus blends Gothic and modern styles of architecture with the oaks, pines, dogwoods, palms and azaleas of North Florida.

Florida State continues to progress and grow -from its pre-Civil War foundation as the Seminary West of the Suwannee, through the early 20th century as the academically respected Florida State College for Women, returning to coeducational status as a university in 1947, to its modern development as an acclaimed research institution, a top-ranked competitor in intercollegiate athletics and as a standard-setter in the basic sciences and the performing arts.

In all areas of its mission - excellence in teaching, research and public service - Florida State University is advancing boldly toward the 21st century.



# Head Coach Terry Long



Terry Long enters his ninth season as the head coach of the Florida State track team. Long, the 1994 NCAA District III Coach of the Year, heads both the men's and women's teams. Following in his father's footsteps, Long continues the tradi-

tion seventeen seasons after his father, Mike, retired as head coach at Florida State. Long has been associated with the Seminole track program since he was 13 years old, his age when Mike Long began his head coaching legacy at FSU in 1955.

A few years later, Long 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. Long completed 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 before taking the head track and cross country coaching job at Lakeland High School.

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.

While serving in the Florida junior college ranks, Long developed literally hundreds of junior college 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, as his father had been years earlier.

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.

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 eight seasons, Long has continued a strong tradition of track success by the Seminoles' program. In 1994, Long coached the men to the ACC indoor title and was named ACC Coach of the Year. He has kept Florida State near the top in collegiate track and field with over 40 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 also coached national intermediate hurdle champion Kim Batten. Batten was named the TAC Outdoor meet's most outstanding female after breaking the collegiate record in the 440-hurdles in 1991. Batten set the world record in the 400m hurdles with a time of 52.61 and went on to win the silver medal later that year for the USA in the 1996 Olympic games in Atlanta. In addition to Blake and Batten, Long has coached Olympians Chandra Cheeseborough, Michelle Finn, Tom Reither, Rey Robinson and Dennis Mitchell.

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. He has also served as the co-chairman of the National Olympic Development Sprint Committee.

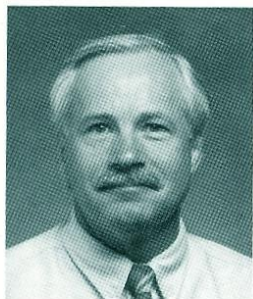
Long, 56 has been head coach of the Athletic Attic, Mazda and Bud Lite Track clubs and his indoor and outdoor teams have won six national TAC championships. In 1988, Long brought the TAC Junior National Meet to Tallahassee.

## About Coach Long

|                                                                  |           |
|------------------------------------------------------------------|-----------|
| <i>Years at Florida State</i> . . . . .                          | 14        |
| <i>Years of Collegiate Coaching experience</i> . . . . .         | 27        |
| <i>Florida State-Men's and Women's Head Coach (1989-present)</i> |           |
| <i>Florida State-Women's Head Coach</i> . . . . .                | (1986-88) |
| <i>Florida-Men's Assistant Coach</i> . . . . .                   | (1984-85) |
| <i>Santa Fe Community College-Head Coach</i> . . . . .           | (1982-83) |
| <i>Seminole Community College-Head Coach</i> . . . . .           | (1970-82) |
| <i>High School Coaching Experience</i> . . . . .                 |           |
| <i>Lakeland H.S. Head Track and Cross Country</i> . . . . .      | (1968-70) |
| <i>Delray Beach Seacrest H.S. Head Track Coach</i> . . . . .     | (1966-68) |



# Coaching Staff



## Scott Irving

Assistant Coach  
Middle and Long Distance  
(Williamette '73)

Scott Irving begins his fourth year at the helm of the Seminole distance program.

His collegiate coaching career began in the heart of distance running country at the University of Oregon (1977-1983). Irving studied under the legendary Bill Dellinger, who coached Alberto Salazar, while assisting with the women's track and field program that eventually won the NCAA outdoor title. Coach Irving's next stint was at the University of Florida from 1983-89, where he assisted Dr. Lyle Knudson with the women's cross country program that captured the '85 SEC title and helped Beverly Kearney develop an eventual NCAA national track and field championship team. From Florida, Irving joined the University of Illinois in the fall of 1989 where he took over recruiting coordinator responsibilities and returned the Fighting Illini to prominence in the Big Ten Conference and on the national scene.

In his first year of coaching at FSU, the men's 4x800m relay team ranked fourth in the nation by Track and Field News with a school record time of 7:19 set at the 1994 Penn Relays. The distance medley relay won the conference DMR title and helped the team to victory at the ACC Indoor meet. The 1996 ACC Outdoor Championships were the best ever for the Seminole distance corps. They not only had the only double scorer in the 1,500m and steeplechase, but also produced FSU's first 10,000m scorer at the ACC meet. 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 more than two decades.

A recipient of two Master's degrees (Architectural History, Northwestern University '77 and Biomechanics / Athletic Administration, University of Oregon '79), the 1973 Willamette University graduate places the pursuit of academic excellence as an utmost priority. Irving-coached athletes at Oregon annually dotted the dean's list. Athletes at Florida made All-SEC Academic teams 40 times. Phenomenally, in two out of only four years at Illinois he had athletes awarded the most prestigious accolade, the Big Ten Medal of Honor, for academic/athletic excellence. In 1995, the FSU men's

cross country team ranked sixth nationally for overall team grade point average at 3.22. The men's team won the Golden Torch Award, the top academic award at FSU, in both the 1994-95 and 1995-96 academic years. Recent recruiting successes signal that Irving has Florida State cross country heading in the right direction.

Irving and his wife, Allyn, have married for 22 years and have two sons, ten-year old Shannon and Kevin, who is seven.

### About Coach Irving

|                                                  |                        |
|--------------------------------------------------|------------------------|
| Years at Florida State. . . . .                  | 4                      |
| Years of Collegiate Coaching Experience. . . . . | 21                     |
| 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)     |



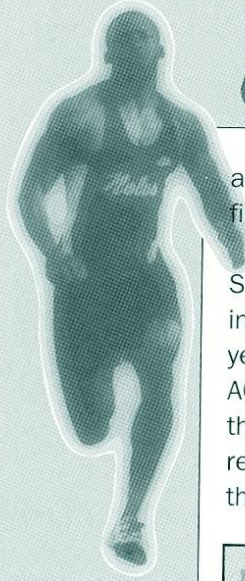
## Harlis Meaders

Assistant Coach  
Throws  
(University of North Carolina '92)

Harlis Meaders enters his third season on the Florida State coaching staff as the 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 35-lb. 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 an 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's



# Coaching Staff

and women's programs obtain their highest place finishes ever in the Southern Conference.

At Florida State, Meaders has helped the Seminoles become one of the best all-around throwing squads in the Atlantic Coast Conference. Last year, the FSU throwers scored over 100 points in the ACC Championship meets. Under Meaders, the throwers continue to set both personal and school records. Several throwers are expected to qualify for the NCAA Championships this year.

## About Coach Meaders

|                                             |                                                                                  |
|---------------------------------------------|----------------------------------------------------------------------------------|
| Years at Florida State:                     | .....3                                                                           |
| Coaching Experience:                        | .....6                                                                           |
| Florida State-Assistant Coach               | .....(1995-present)                                                              |
| Western Carolina University-Assistant Coach | .....(1992-94)                                                                   |
| Collegiate Track Experience:                | .....University of N. Carolina,<br>.....Shot Put, Weight Throw, Discus (1988-92) |



## Andi Lyons

Assistant Coach  
Sprints, Hurdles, Relays  
(Florida State '92)

Andi Lyons returns to her alma mater after four years at Mississippi State University. As an assistant coach at MSU, Lyons coached hurdles and sprints along with the field events for the past four years.

The former Lady Seminole was instrumental in Mississippi State's global recruiting efforts. Lyons helped bring quality national and international talent to MSU that collectively combined to set many school records and win several conference championships.

As an assistant at Florida State, Lyons will coach sprints, hurdles and relays. She will also coordinate all women's recruiting and compliance matters.

Lyons earned All-America honors as a part of the 4x100 meter relay team in 1991 and '92. She currently holds the seventh fastest 100-meter dash time in school history at 53.88 and her name is listed in the top ten as a member of both the 4x100 and 4x400 meter relay teams in the women's all-time performance list.

A dean's list student at FSU, Lyons received her

bachelor's degree in communication in 1992. More recently, the 26-year old Ohio native earned her master's degree in sports administration from Mississippi State this past summer.

## About Coach Lyons

|                                          |                                                      |
|------------------------------------------|------------------------------------------------------|
| Years at Florida State:                  | .....First                                           |
| Years of collegiate coaching experience: | .....5                                               |
| Florida State-Assistant Coach            | .....(1996-present)                                  |
| Mississippi State-Assistant Coach        | .....(1992-96)                                       |
| Collegiate Track Experience:             | .....Florida State<br>.....Sprints, Relays (1988-92) |



## Dennis Nobles

Assistant Coach  
Pole Vault, Javelin, High Jump,  
Long Jump, Triple Jump  
(Florida State '82)

Dennis Nobles enters his 11th year with the Seminole track and field staff and is recognized as 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.

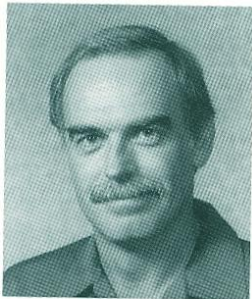
Following graduation from Florida State, he began his coaching career at Wayland Baptist College, an NAIA track powerhouse in Plainview, Texas.

While at Wayland Baptist College, 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, long jump, triple jump and pole vault events. Nobles is the current coach of two-time All-American javelin thrower Justin Johnston, who finished fifth at the 1996 NCAA Outdoor Championships. In recent years, Nobles has been invited to participate in the elite women's javelin clinic in Long Beach, California.

### About Coach Nobles

Years at Florida State: . . . . .11  
 Years of collegiate coaching experience: . . . . .13  
 Florida State-Assistant Coach . . . . .(1985-present)  
 Wayland Baptist-Assistant Coach . . . . .(1984-85)  
 Collegiate Track Experience: . . . . .Florida State  
 . . . . .Pole Vault (1979-81)



### Jim Long

Assistant Coach  
 Hurdles  
 (Florida State '70)

Jim Long brings a lengthy track background to his 21st season with the Florida State program.

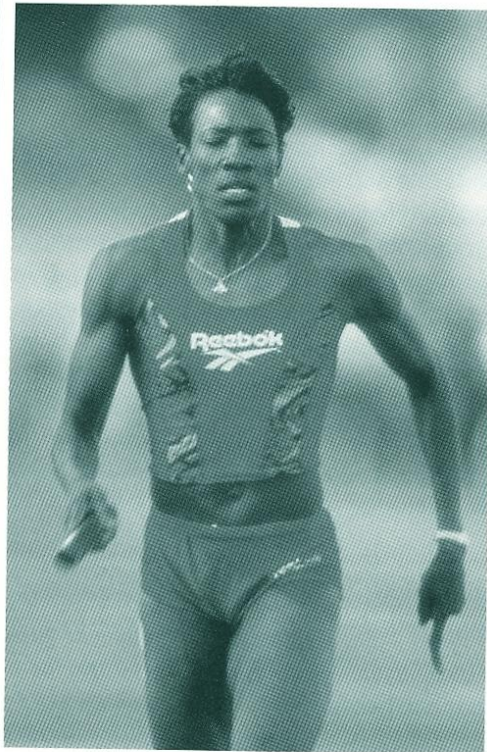
A former Seminole sprinter and son of former FSU head coach Mike Long, Jim came back to his alma mater in 1975 as an assistant coach. His return followed a successful stint as head track coach at Leon High School in Tallahassee. He has served as a clinician at the U.S. Olympic Development camp in Orlando, joining brothers Terry, head coach at Florida State and Curtis, his Western Kentucky mentor. Long was inducted into the Florida Track Hall of Fame in 1991.

During his years on the Florida State staff, Long has coached numerous NCAA All-Americans. One former All-American decathlete, Rohn Stark, became the NFL's all-time leader in punt yardage in 1996. Long has also coached two Olympic hurdlers in Kim McKenzie and Arthur Blake.

He and his wife Janis have two sons; Justin 20 and Jarrett 17.

### About Coach Long

Years at Florida State: . . . . .21  
 Years of Collegiate Coaching Experience: . . . . .21  
 Florida State University-Assistant Coach . . . . .(1975-present)  
 Collegiate Track Experience: . . . . .Florida State  
 . . . . .sprints (1966-1970)



### Kim Batten

Volunteer  
 Assistant  
 (Florida State  
 1988-91)

Kim Batten is unquestionably one of the finest track athletes in Florida State history. Batten set the World Record in the 400m intermediate hurdles last year with a time of 52.61. At the 1996 Olympic Games in Atlanta, Batten won the silver medal in that event with a time of 53.08, .26 of a second behind Jamaica's Deon Hemmings.

On February 12, 1996, Batten received one of the highest honors achievable in the sports world. She received the ESPY Award for Women's Track and Field Performer of the Year, beating out track stars Jackie Joyner-Kersey and Gwen Torrence in the voting.

Batten's name still fills the Florida State record book. She is the school record holder in the 100m hurdles, 400m intermediate hurdles and 55m intermediate hurdles.

As she continues her training in Tallahassee, Batten will assist Coach Terry Long with the instruction of the 1997 Seminole track team as she has done the past several years.

# 1997 Men's Preview

The 1997 edition of the Florida State men's track and field team will see a changing of the guard in the sprints and hurdles, always one of the strongest areas on FSU's squad.

This year's team must replace two of the finest athletes in Seminole track and field history. Gone are national champion Phillip Riley and six-time All-American Jonathan Carter. Riley won the 1995 NCAA Indoor Championship in the 55-meter hurdles and Carter finished his FSU career earning all-America status in three events (100, 200 and 4x100) at the 1996 NCAA Outdoor Championships, where he and Riley helped the Florida State men to a 21st place finish overall.

"The big challenge on the men's side is going to be replacing Jonathan Carter and Phillip Riley," said Head Coach Terry Long. "It's essentially a matter of Patrick Hayes, Cleon Blake and the younger guys stepping up and they are going to have a lot more responsibility."

Also returning is one half of the 4x100 relay team that finished sixth at the NCAA Outdoor Championships. Warrick Dunn and Byron Capers will be important factors when they return to the track team after football season is completed. Dunn was a provisional qualifier in the 100 meter dash and placed third at the ACC's in the 55m dash and the 100m dash. Capers has made progress each year on the track and will run the 200 and the 400.

"Byron Capers has gotten a lot better and it's a great accomplishment when a guy comes from football over to track and becomes an All-American in track," said Long. "He and Warrick Dunn are really outstanding examples of dual-sport athletes."

Complimenting Dunn and Capers in the 4x100 will most likely be Cleon Blake and Patrick Hayes. Both have relay experience and Colombo ran on the team last year that recorded a season-best time of 39.50, the seventh fastest qualifying time in the nation.

"I really think we return a very strong sprint/hurdle nucleus," commented Long. "In the hurdles, we expect Anthony Bolton to step in and we think he will be outstanding. Don West has been very steady and is going into his senior year. If he can continue his improvement he will definitely help us. If Dexter Jackson, Peter Warrick, Ron Dugans, Vannez Gooch and Germaine Stringer come over after football they could also contribute."

Another key loss for the Seminole men is 400-meter hurdler Tim Franklin. Franklin just missed qualifying for the NCAA's in that event in '96. Franklin was a valuable asset as he also ran the 400-meters.

"The 400 hurdles is really a glaring weakness for us," said Coach Long. "Reggie Glover and Bolton will help us there. Franklin did double duty at the conference meet

and scored in both. So we are looking at Freshmen Kenyun Langston and Antonio Smith stepping in early."

Danny Smith and Anton Kelly appear to be the leaders in the 800 meters. Smith, a sophomore, and Kelly, a senior, were both ACC finalists last year. The key for Smith is staying healthy as he is rebounding from a hip injury.

"In the half-mile, we will count on Danny Smith and Anton Kelly," stated Coach Long. "Anton is a senior and it is his turn to contribute."

An area that has seen vast improvement is the distance events. Brian Lucyk and David Ogletree return after scoring at the ACC Outdoor Championships last year. Reid Montini and Jasen Ritter should be in top condition after cross country season along with Auburn transfer Joe Simolari.

"I don't see the glaring gaps that we had at one time in the distance events", said Coach Long. The emphasis has shifted a little now. We will look to the distance guys to do the job while some of the younger people in areas like the 400 and 4x400 are maturing."

The jumps will give some of the freshman and younger athletes an opportunity to compete as well. Darius Jones and Brian Till are the contenders in the pole vault. Jones and Todd Marine, both freshman, will long jump and triple jump this season along with returnees Oscar Robinson and Dave McIntire.

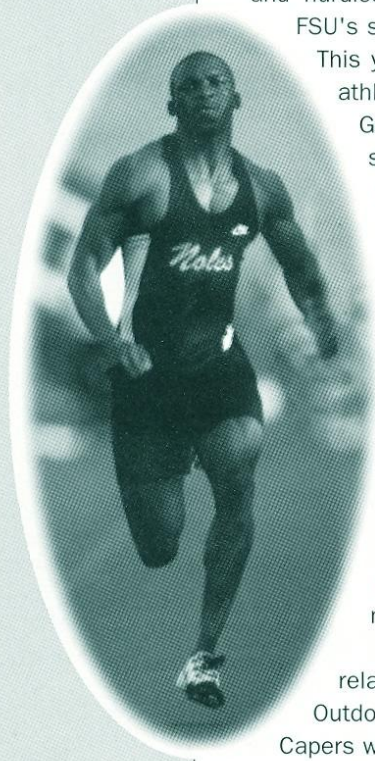
"We haven't had a 24-foot long jumper in a couple years now and we need someone to step up," commented Coach Long. "We are looking at a couple of people who jump in the 46 and 47 foot range in the triple jump and we need them to be jumping 49, 50 and 51 feet."

The throws should be very strong with All-American Justin Johnston leading the way in the javelin. The Seminoles lost Anthony Sasso to graduation, but return plenty of talent with William Shirk, Greg Jack and Brad Hess.

"Justin is going to be one of the top javelin throwers in the country and he's ready," said Long. "I think Jody Lawrence has vastly improved his freshman year over high school and looks to be greatly improved this year. The throws will be one of the strong points for us."

Although the men's team must replace All-Americans Jonathan Carter and Phillip Riley, Terry Long and The FSU coaching staff feel they have enough new talent and potential to be just as competitive as last season. If the men hope to improve on their 21st place overall finish at the NCAA's, Riley and Carter's shoes will have to be filled quickly. This year, the Tribe should be able to count on more scoring in the throws and the distances.

"All in all, we essentially have a very young group," summarized Coach Long. "If we have some people step into the gaps we are going to be a quality team and we are anxious to defend the Florida Intercollegiate Championship. That's one of the highlights of the year, going down to Gainesville and beating Florida as well as the other state programs."

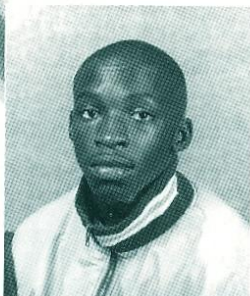


# 1997 Men's Roster

| Name            | Event | CL | Hometown         | Name              | Event | CL | Hometown               |
|-----------------|-------|----|------------------|-------------------|-------|----|------------------------|
| Cleon Blake     | S     | SO | Live Oak, FL     | Todd Marine       | J     | FR | Oak Creek, WI          |
| Gabe Arola      | T     | FR | Eugene, OR       | David McIntire    | ME    | JR | Littleton, CO          |
| Cleon Blake     | S     | JR | Winter Haven, FL | James McLester    | ME    | JR | Columbia, AL           |
| Anthony Bolton  | H/S   | SO | Hollywood, FL    | Reid Montini      | D     | JR | Palm Beach Gardens, FL |
| Byron Capers    | S     | SR | Marietta, GA     | David Ogletree    | D     | JR | Tallahassee, FL        |
| Morgan Castner  | D     | SO | Oak Ridge, TN    | Chris Osborn      | HJ    | JR | Lake Worth, FL         |
| Ron Dugans      | J     | SO | Tallahassee, FL  | Brian Parrish     | D     | JR | Acworth, GA            |
| Warrick Dunn    | S     | SR | Baton Rouge, LA  | Thomas Pino       | H     | FR | Cape Coral, FL         |
| Jamie Fritz     | MD    | SR | Erie, PA         | Calvin Randolph   | S     | JR | Hopkins, SC            |
| Reginald Glover | S     | SO | Orlando, FL      | Kelvin Randolph   | S     | JR | Hopkins, SC            |
| Vannez Gooch    | S     | FR | Jacksonville, FL | Jasen Ritter      | D     | SR | Bonita Springs, FL     |
| Patrick Hayes   | S     | JR | Bunkie, LA       | Oscar Robinson    | J/S   | SR | St. Petersburg, FL     |
| Donald Heaven   | T     | FR | Carol City, FL   | Jeremy Schooler   | PV    | FR | Cocoa, FL              |
| Brad Hess       | T     | SO | Palm Harbor, FL  | Bradley Shriver   | D     | JR | Harrisburg, PA         |
| Jeremiah Hunt   | D     | SO | Lemoore, CA      | William Shirk     | T     | JR | Sarasota, FL           |
| Greg Jack       | T     | JR | Ottawa, Canada   | Jonathon Shy      | T     | FR | Ft. Myers, FL          |
| Dexter Jackson  | H     | SO | Quincy, FL       | Joe Simolari      | D     | SR | Newport, RI            |
| Justin Johnston | T     | SR | Belgrade, MT     | Danny Smith       | MD    | SO | Orlando, FL            |
| Darius Jones    | ME    | FR | Tallahassee, FL  | Adam Spate        | MD    | FR | Crystal River, FL      |
| Jayson Jones    | S     | SO | Apo, Germany     | Germaine Stringer | S     | SO | Decatur, GA            |
| Nafthaly Kurgat | D     | SO | Kapsabet, Kenya  | Scott Thomas      | D     | SO | Rock Hill, SC          |
| Anton Kelly     | MD    | JR | Tallahassee, FL  | Brian Till        | PV    | SR | Kissimmee, FL          |
| Kenyun Langston | S     | FR | Hallandale, FL   | Trinard Tynes     | MD    | SR | Freeport, Bahamas      |
| Jody Lawrence   | T     | SO | Titusville, FL   | Yale Tynes        | J     | SR | Freeport, Bahamas      |
| Dore Louis      | ME    | SR | Miami, FL        | Peter Warrick     | S     | SO | Bradenton, FL          |
| Brian Lucyk     | D     | JR | Longwood, FL     |                   |       |    |                        |

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

# 1997 Men's Bios

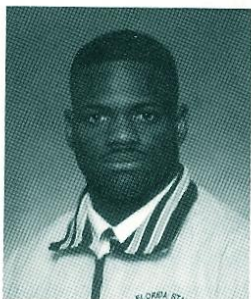


## ANTONIO "CLEON" BLAKE

SPRINTS

Year: Junior Hometown: Winter Haven, FL (Winter Haven HS)  
Collegiate Bests: 55m (6.33),  
100m (10.67), 200m (21.93)

Talented sprinter expected to step into scoring role this season... will be a key factor in FSU's conference success... **1996:** placed sixth in the 100m at the Florida Relays with a time of 10.69... ran 21.93 in the 200m at the Seminole Challenge... finished fourth at the Seminole Twilight in the 100m (10.71)... **1995:** forced to redshirt the outdoor season with injuries... ran a 6.43 in the ACC Indoor 55m semis... finished seventh in Barnett Bank Invitational in the 55m dash (6.33)... **Prep:** ranked in the top ten nationally in the 200m at Winter Haven High School... finished third in the 5A state meet in both the 100 and 200 meters... anchored 4x100m relay that ranked second nationally and won the Golden West Invitational... **Personal:** a computer science major... his aunt, Sheryl Covington, was an All-American in the 55m and 400m at FSU... born October 14, 1975.



## BYRON CAPERS

☆☆ ALL-AMERICAN ☆☆ SPRINTS

Year: Senior  
Hometown: Marietta, GA  
(Wheeler HS)  
Collegiate Bests: 55m (6.51),  
100m (10.63), 200m (21.47),  
400m (48.15)

Senior who anchored the All-American 4x100m relay team that placed sixth at last year's NCAA Outdoor Championships... will compete in the sprints and relays for Coach Long's squad... earned first team All-ACC honors during the 1996 football season... a two-year starter at cornerback... **1996:** ran 6.51 in the 55m at the Florida Invitational... placed sixth at the Barnett Bank Invitational in the 400m (49.89)... scored at the ACC Indoors in the 200m with an eighth place finish... scored at the Florida Intercollegiate with a third place finish in the 400m

(48.15)... placed ninth at the ACC Outdoors in the 400m with a mark of 48.58... ran a collegiate-best 21.47 in the 200m to finish third at the Seminole Twilight... **1995:** finished second in the 200m dash at the FSU Relays with a time of 21.55... recorded a fourth place finish in the 100m (10.63)... ran a collegiate-best in the 200m dash prelims at the ACC Outdoors with a time of 21.53... **Prep:** a standout football and track athlete at Wheeler High School... earned All-America honors as a defensive back from SuperPrep and Blue Chip Illustrated... **Personal:** a political science major... born March 21, 1974.

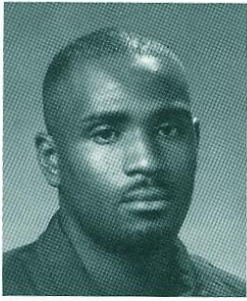


## WARRICK DUNN

☆☆ ALL-AMERICAN ☆☆ SPRINTS

Year: Senior  
Hometown: Baton Rouge, LA  
(Catholic HS)  
Collegiate Bests: 55m (6.21),  
100m (10.30)

All-American sprinter who is one of the top two-sport athletes in school history... became FSU's all-time leading rusher with his third straight 1,000-yard season during his senior year on the football team... one of the conference's top sprinters when healthy... will compete in the 55m, 100m and the 4x100m relay... **1996:** teamed with Jonathan Carter, Phillip Riley and Byron Capers in the 4x100m to finish sixth at the NCAA Outdoor Championships and earn All-America status... a provisional NCAA qualifier in the 100m... placed first in the 100m at the Florida Intercollegiate with a time of 10.30... finished sixth in the 100m at the ACC Outdoors with a mark of 10.38... recorded a time of 6.33 in a second place effort in the 55m dash at the ACC Indoors... **1995:** placed fourth at the Bill Cosby Invitational in the 55m dash with a time of 6.29... Sugar Bowl MVP for Florida State football team... **1994:** finished first in the 55m at the U.S. Mobil Indoor Championships with a time of 6.21... 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:** a computer science major... born January 5, 1975.



## REGINALD GLOVER

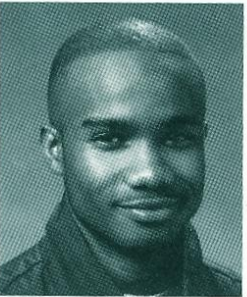
*SPRINTS/HURDLES*

*Year: Sophomore Hometown:*

*Sanford, FL (Oakridge HS)*

*Collegiate Bests: 400m hurdles (54.26)*

Sophomore with the potential to be an outstanding sprinter/hurdler... shows outstanding work ethic in the classroom and on the track... competed primarily in the 400m hurdles last season... **1996:** placed fourth at the FAMU Relays in the 400m hurdles (55.36)... sixth in the FSU Relays in that event... picked up sixth place points in the 400m hurdles at the Florida Intercollegiate (54.76)... **Prep:** a four-year high school letterman in both track and football... a 1995 All-American in the 4x800m relay... team captain during senior track season... **Personal:** undecided on major... born July 11, 1977.



## PATRICK HAYES

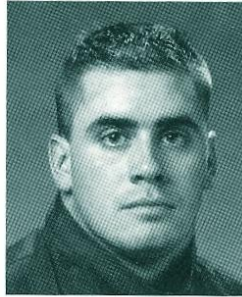
☆ *NCAA QUALIFIER* ☆ *SPRINTS*

*Year: Junior Hometown: Evergreen, Louisiana (Bunkie HS)*

*Collegiate Bests: 55m (6.20), 100m (10.79), 200m (20.94)*

Talented sprinter who should help fill the void left by the graduation of six-time All-American Jonathan Carter... only Seminole from men's team to qualify for the NCAA Indoor Championships last season... will also contribute in the relays... has outstanding ability in the long jump... **1996:** placed fourth in the 55m dash at the ACC Indoors with a time of 6.36... recorded a mark of 6.29 in the semis of the 55m dash at the NCAA Indoor Championships... also qualified in the 200m ... finished second at the Florida Intercollegiate in the 200m (21.13)... ran 20.94 in the finals of the 200m at the ACC Outdoors to finish sixth... **1995:** NCAA provisional qualifier in the 55m and 200m... recorded a time of 6.20 in the 55m at the Bill Cosby Invitational in a second place effort... long jumped 22-3 at the same meet... finished eighth at the ACC Indoors with a time of 21.95 in the 200m... ran 10.91 in the 100m dash at the ACC Outdoors to miss qualifying for the finals by one place... fourth in the 100m at the Florida Relays

(10.81)... **Prep:** Four-time Louisiana state 200-meter champion and twice state 100-meter champion... state champ in the 55m and held the second fastest time nationally in that event... **Personal:** undecided on major... born March 13, 1976.



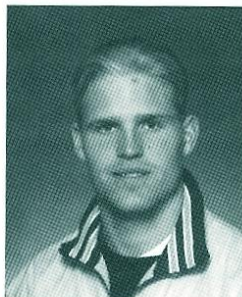
## GREG JACK

*THROWS*

*Year: Junior Hometown: Eganville, Ontario (St. Pius X HS)*

*Collegiate Bests: Shot Put (54-2), Javelin (210-8), Discus (159-6)*

Strong thrower with the ability to score in the shot, discus and javelin... hard worker who has shown continued improvement throughout his FSU career... strongest event is the shot put... **1996:** placed first in the shot put (53-1) and second in the javelin (195-8) at the Florida Intercollegiate... finished first in the shot at the Clemson Invitational with a throw of 54-2... sixth in the shot at the ACC Indoor and Outdoor Championships... recorded a collegiate-best throw of 210-8 in the javelin (third) at the ACC Outdoors... **1995:** finished third in the ACC Outdoor javelin finals with a throw of 201-9... placed ninth in the shot (50-2) at the ACC Outdoors... third place at the Auburn Invitational in the discus (139-6)... also finished third in the javelin (184-7) and fourth in the shot (49-8.25) at Auburn... **Prep:** ranked in Canada's top 15 in the shot, discus and javelin... member of Canadian junior team in discus and javelin... five-year high school track MVP... **Personal:** a physical education major... born September 12, 1995.



## JUSTIN JOHNSTON

☆☆ *ALL-AMERICAN* ☆☆ *THROWS*

*Year: Senior Hometown: Belgrade, MT (Belgrade HS)*

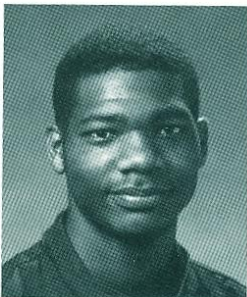
*Collegiate Best: Javelin (231-5)*

Senior regarded as one of the top javelin throwers in the country... a two-time All-American in the javelin... the ACC's top returner in the event... **1996:** earned All-America status with a fifth place finish (226-8) at the NCAA Outdoor

# 1997 Men's Bios



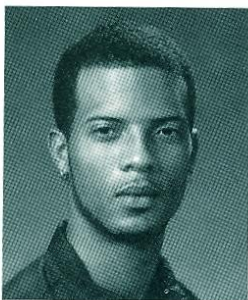
Championships... an Olympic Trials qualifier... recorded his best throw of the year (229-8) in a first place finish at the Seminole Twilight... also placed first at the Snow Bird Invitational and the Florida Intercollegiate... **1995:** finished third at the FSU Relays with a mark of 219-5... took first place at the Seminole Twilight with a collegiate-best toss of 231-5... won the ACC Outdoor javelin title with a throw of 217-11... **1994:** conference runner-up in the javelin (199-10)... finished third at the FSU Relays with a mark of 200-9... **Prep:** Montana state high school champion in the javelin... carried a 3.6 GPA throughout high school... ranked No. 2 in the nation in the javelin in 1993... earned Parade, USA Today and Track & Field News All-America honors... a three-sport letterman at Belgrade High School... **Personal:** a science education (biology) major... born November 24, 1974.



## DARIUS JONES

*MULTI EVENTS*  
*Year: Freshman*  
*Hometown: Tallahassee, FL*  
*(Godby HS)*

Freshman with ability to contribute immediately in the jumps... has experience in long jump, high jump and pole vault... recorded a high school long jump that would rank fifth on the FSU all-time list (25'1")... **Prep:** A high school All-American at Godby... recorded career-best marks of 6'10" in the high jump and 14'6" in the pole vault... named first team All-State as a freshman... also played basketball... **Personal:** enrolled in FSU's undergraduate studies program... born December 5, 1977.



## ANTON KELLY

*MIDDLE DISTANCE*  
*Year: Junior Hometown:*  
*Tallahassee, FL (Lincoln HS)*  
*Collegiate Bests: 800m (1:53.74)*

Junior expected to have a standout year... will compete primarily in the 800m... takes on an expanded role with the graduation of Tim Middelkoop, who placed second in the 800m at the ACC Indoors and

third at the Outdoors... **1996:** finished sixth in the 800m at the Florida Intercollegiate (1:54.49)... placed eighth at the FSU Relays with a time of 1:54.64... ninth at the ACC Outdoors with a time of 1:56.58... **1995:** ran 1:54.29 at the ACC Outdoors to miss qualifying for the finals by less than one second... recorded a third place finish at the Auburn Invitational with a time of 1:55.40... **1994:** red-shirted... **Prep:** Big Bend Track Athlete of the Year as a senior at Lincoln High



School... one of the top 800m runners in the state of Florida as a senior... team captain of cross country team as a senior at Lincoln... finished fifth in the 800m run at the Class 4A state high school championships... **Personal:** a biology major... born September 27, 1974.

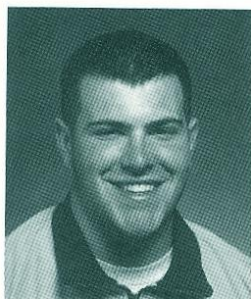


## KENYON LANGSTON

*SPRINTS*  
*Year: Freshman*  
*Hometown: Hallandale, FL*  
*(Hallandale HS)*

Freshman who gives the Seminoles another talented competitor in the sprints... should develop into an ACC caliber sprinter with continued improvement... **Prep:** Most valuable track athlete at Hallandale for three straight years... also participated in basketball and track... an honor roll student voted as the best-all-around senior... **Personal:** plans to major in education... born January 22, 1978... cousin, Travis Mays, was a former NBA player.





## JODY LAWRENCE

### THROWS

*Year: Sophomore Hometown: Cocoa, FL (Titusville HS)*  
*Collegiate Bests: Discus (172-9), Shot Put (51-7.75), Weight (53-11.75)*

Strong thrower who had an excellent freshman campaign... can contribute in areas of discus, shot and weight throw... should be in the running for an ACC title in the discus... **1996:** placed seventh at the ACC/SEC Challenge with a throw of 53-11.75... finished seventh at the ACC Indoors in the shot (51-7.75)... placed second in the discus at the Snow Bird Invitational with a throw of 171-7... won the discus at the Florida Intercollegiate with a mark of 169-5.75... finished second in the discus at the ACC Outdoors with a collegiate-best throw of 172-9... **Prep:** earned nine letters in high school while competing in football, basketball and track... captained all three teams... earned school's scholar-athlete award... All-Conference honors in track at Titusville... **Personal:** plans to major in biochemistry... born June 9, 1977.



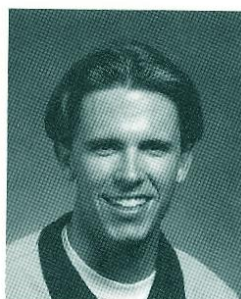
## BRIAN LUCYK

### DISTANCE

*Year: Junior Hometown: Longwood, FL (Lake Brantley HS)*  
*Collegiate Bests: 5,000m (15:18), 10,000m (31:41)*

Junior who scored in ACC action last season... solid work ethic during cross country season should pay off on the track... co-captain of 1996 FSU cross country team... ran a personal best 25:01 as FSU's top runner to finish 24th place at the ACC Cross Country Championships... **1996:** ran 15:18 in the 5K to place tenth at the ACC Indoors... finished fourth at the Snow Bird Invitational (15:18) in the 5K... shattered his collegiate-best (31:41) in the 10K to finish seventh at the ACC Outdoors... placed 20th at the ACC Cross Country Championship... **1995:** placed seventh at the FSU Relays with a time of 32:11.05 in the 10K... ran the 3K in a time of 9:04.66 in the Seminole 4-way to finish fifth...

**1994:** redshirted... **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:** a finance and multinational business major... born October 11, 1974.



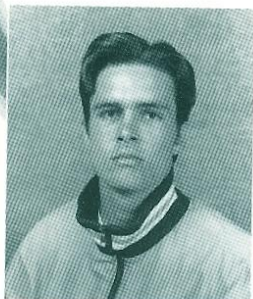
## REID MONTINI

### DISTANCE

*Year: Junior Hometown: Palm Beach Gardens, FL (Benjamin)*  
*Collegiate Bests: 3,000m (8:53), 5,000m (15:26), 10,000m (31:46)*

Distance runner who has the ability to contribute in several distance events... one of the top runners on the cross country team... **1996:** finished fifth in the 5K at the Barnett Bank Invitational (15:26)... placed 13th in the 5K at the FSU Relays with a time of 31:46... **1995:** placed third in the 3K at the FSU 4-way meet with a time of 8:48.13... clocked at 15:28 in a fifth place effort in the 5K at the Auburn Invitational... ran 15:38 at the ACC Outdoor Championships in the 5K... finished fifth in the 10,000m at Junior Nationals... **Prep:** All-Area in track and cross country at Benjamin as a junior and senior... **Personal:** majoring in biological science... born April 2, 1976.

# 1997 Men's Bios



## DAVID OGLETREE

### DISTANCE

Year: Junior Hometown: Tallahassee, FL (Lincoln HS)  
Collegiate Bests: Steeplechase (9:26), Mile (4:20)

Local athlete who will concentrate on steeplechase and distance events... coming off a strong cross country season... **1996:** placed sixth at the Barnett Bank Invitational in the mile (4:20)... finished sixth in the 3K at the ACC/SEC Challenge with a time of 8:46... recorded a time of 9:29 in the steeplechase in a second place effort at the Florida Intercollegiate... **1995:** redshirted... **1994:** finished second at the Spring Track Classic in the steeplechase with a time of 9:50.49... timed at 9:51 at the Auburn Invitational in a fourth place effort... **Prep:** city and district champion in both the one and two-mile... regional champ in the two-mile... Big Bend cross country athlete of the year as a senior... all-state in cross country as a senior... **Personal:** bloodlines trace back to Seminole leader Chief Osceola... a criminology major... born August 12, 1974.

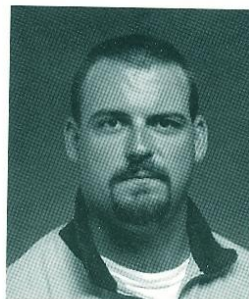


## JASEN RITTER

### DISTANCE

Year: Senior Hometown: Bonita Springs, FL (Estero HS)  
Collegiate Bests: Steeplechase (9:32), Mile (4:26)

Senior member of an improved Seminole distance team... specializes in the steeplechase... **1996:** placed sixth at the FSU Relays in the steeplechase with a time of 9:32... earned ACC Performer of the Week after finishing second at the Audubon Invitational during cross country season... **1995:** finished tenth at the ACC Outdoor Championships in the 3,000m steeplechase (9:57)... recorded a third place finish at the FSU 4-way meet in the steeplechase with a time of 10:08... **Prep:** honor student at Estero High School... team captain for track and cross country teams during senior year... also a three year member of varsity swim team... **Personal:** a sports psychology major... born October 4, 1974.

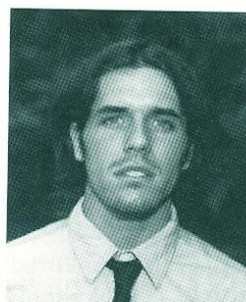


## WILLIAM SHIRK

### THROWS

Year: Junior Hometown: Sarasota, FL (Sarasota HS)  
Collegiate Bests: Weight (58-6), Hammer (180-9)

Thrower who will compete for conference honors in the weight and hammer throws.. FSU's top thrower in those events... stands second on FSU's all-time list in the hammer... **1996:** finished first at the Clemson Invitational in the weight throw with a toss of 58-6... third at the ACC Indoors with a throw of 57-1.50 in the weight... placed second at the Florida Intercollegiate in the hammer with a collegiate-best throw of 180-9... finished third in the hammer at the ACC Outdoors with a mark of 172-0... **1995:** red-shirted... **Personal:** majoring in geography... born October 30, 1973.



## JOE SIMOLARI

### DISTANCE

Year: Senior  
Hometown: Newport, RI (Montverde Academy)  
Collegiate Bests: Steeplechase (9:20.51)

Senior transfer from Auburn who gives the Seminole distance team another quality runner... ability to compete in the mile, 3K, 5K and the steeplechase... coming off an excellent cross country season during the fall... **1996:** placed fourth in the steeplechase with a collegiate-best time of 9:20.51 at the SeaRay Relays for Auburn... took first place at the Jace LaCoste Invitational in the steeplechase (4:26.20)... took eighth at the Wildcat Classic in the 3K with a clocking of 8:36.83... finished seventh in the 5K at the USAir Invite with a mark of 15:06.40... **1995:** ran 9:35.9 in the steeplechase at the Auburn Invitational to place second... finished fourth in the steeplechase at the SEC Invitational... **Prep:** placed second in the Florida State Cross Country Championships... member of state championship team at Montverde Academy... second in state two-mile run... **Personal:** a political science major... born July 4, 1972.



## DANNY SMITH

MIDDLE DISTANCE

Year: Sophomore Hometown:

Orlando, FL (Oak Ridge HS)

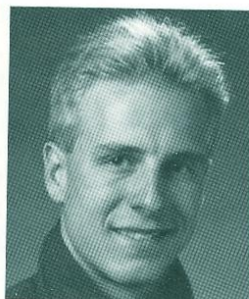
Collegiate Bests: 400m (48.88),

800m (1:52.18)

Young runner who will concentrate on the 800m... strong work ethic has helped him steadily improve since his arrival at FSU... **1996:** placed sixth at the Snow Bird Invitational in the 800m (1:53.89)... scored at the ACC Outdoors in the 800m with an eighth place finish and time of 1:56.12... ran a collegiate-best 1:52.18 at the Seminole Twilight... **Prep:** All-American at Oak Ridge High School in the 4x800m... school record holder in five events... participated in football, soccer and track... state 800m champion in 1994... fourth at Junior Nationals in the 800m in 1995... **Personal:** undecided on major... born December 30, 1976.



year letterman in track and a three-year letterman in football at Southwest DeKalb High... all-state selection and state champion in the 100m and 200m as a junior and senior... second fastest time in the nation as a junior in the 100m (10.18)... Personal: enrolled in FSU's undergraduate studies program... born January 4, 1976.



## BRIAN TILL

POLE VAULT

Year: Junior

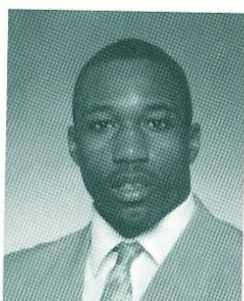
Hometown: Kissimmee, FL

(Osceola HS)

Collegiate Bests:

Pole Vault (15-7)

The top pole vaulter on the Seminole squad... stand-out in the classroom as well as on the track... looks to contribute in the scoring during conference action... **1996:** placed seventh at the ACC Indoors in the pole vault with a mark of 15-1.75... finished fifth at the FSU Relays with a collegiate-best vault of 15-7... **1995:** took second place in the pole vault at the FAMU Outdoor meet with a mark of 14-1.25... finished fifth at the Auburn Invitational and the FSU Relays with identical vaults of 13-11.25... **Prep:** played three sports at Osceola High School... won the state championship as a senior... a TAC Junior National Champion... **Personal:** majoring in Biochemistry... born April 22, 1975.



## GERMAINE STRINGER

SPRINTS

Year: Sophomore

Hometown: Atlanta, GA

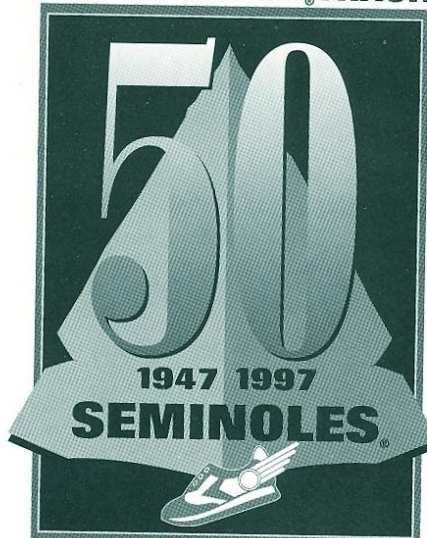
(Southwest DeKalb)

Collegiate Bests: 55m (6.51),

200m (22.35)

Sophomore with outstanding quickness who ran only during the indoor season last year... wide receiver who led FSU in kick return average and helped team to a national ranking of 15 in that category this season... joins football teammates Warrick Dunn, Byron Capers, Vannez Gooch, Peter Warrick, Ron Dugans, Dexter Jackson and Donald Heaven on this year's track squad... 1996: placed fourth in the 200m at the Barnett Bank Invitational with a time of 22.46... scored (sixth) at the ACC/SEC Challenge in the 200m (22.35)... missed qualifying for the finals of the 55m dash with a mark of 6.51 in the prelims and 6.62 in the semis at the ACC Indoors... Prep: a four-

## FLORIDA STATE TRACK



GARNET & GOLDEN™

# 1997 Men's NCAA Qualifying Marks

## 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      | -       | 7.39        | -       |
| 60-Meter hurdles         | 7.80      | -       | 7.99        | -       |
| 200 Meters               |           |         |             |         |
| (Under 200m/220 yds)*    | 21.30     | -       | 21.75       | -       |
| (200m/220 yds)*          | 21.15     | -       | 21.60       | -       |
| (Over 200m/200 yds)*     | 21.00     | -       | 21.45       | -       |
| 400 Meters               |           |         |             |         |
| (Under 200m/220 yds)*    | 46.97     | 46.7    | 48.05       | 47.8    |
| (200m/220 yds)*          | 46.72     | 46.4    | 47.80       | 47.5    |
| (Over 200m/220 yds)*     | 46.47     | 46.2    | 47.55       | 47.3    |
| 800 Meters               |           |         |             |         |
| (200m/220 yds or less)*  | 1:49.15   | 1:48.9  | 1:50.80     | 1:50.5  |
| (Over 200m/220 yds)*     | 1:48.65   | 1:48.4  | 1:50.30     | 1:50.0  |
| Mile #                   |           |         |             |         |
| (200m/220 yds or less)*  | 4:01.80   | 4:01.5  | 4:06.50     | 4:06.2  |
| (Over 200m/220 yds)*     | 4:01.00   | 4:00.7  | 4:05.70     | 4:05.4  |
| 3,000 Meters #           |           |         |             |         |
| (220m/220 yds or less)*  | 8:01.50   | 8:01.2  | 8:12.00     | 8:11.7  |
| (Over 200m/220 yds)*     | 8:00.20   | 7:59.9  | 8:10.70     | 8:10.4  |
| 5,000 Meters #           |           |         |             |         |
| (200m/220 yds or less)*  | 14:00.00  | 13:59.7 | 14:18.00    | 14:17.7 |
| (Over 200m/220 yds)*     | 13:58.15  | 13:57.9 | 14:16.15    | 14:15.9 |
| 1,600-Meter Relay        |           |         |             |         |
| (Under 200m/220 yds)*    | 3:10.00   | 3:09.7  | 3:14.00     | 3:13.7  |
| (200m/220 yds)*          | 3:08.50   | 3:08.2  | 3:12.50     | 3:12.2  |
| (Over 200m/220 yds)*     | 3:07.00   | 3:06.7  | 3:11.00     | 3:10.7  |
| Mile Relay               |           |         |             |         |
| (Under 200m/220 yds)*    | 3:11.20   | 3:10.9  | 3:15.20     | 3:14.9  |
| (200m/220 yds)*          | 3:09.70   | 3:09.4  | 3:13.70     | 3:13.4  |
| (Over 200m/220 yds)*     | 3:08.20   | 3:07.9  | 3:12.20     | 3:11.9  |
| Distance Medley-Meters # |           |         |             |         |
| (200m/220 yds or less)*  | 9:38.00   | 9:37.7  | 9:52.00     | 9:51.7  |
| (Over 200m/220 yds)*     | 9:35.75   | 9:35.5  | 9:49.75     | 9:49.5  |
| Distance Medley-Yards #  |           |         |             |         |
| (200m/220 yds or less)*  | 9:40.00   | 9:39.7  | 9:55.00     | 9:54.7  |
| (Over 200m/220 yds)*     | 9:37.75   | 9:37.5  | 9:52.75     | 9:52.5  |

|                 | METRIC | METRIC |
|-----------------|--------|--------|
| High Jump       | 2.25   | 2.16   |
| Pole Vault      | 5.50   | 5.22   |
| Long Jump       | 7.90   | 7.60   |
| Triple Jump     | 16.25  | 15.65  |
| Shot Put        | 18.65  | 17.40  |
| 35-Pound Weight | 20.85  | 18.40  |

## OUTDOOR

| Event                      | AUTOMATIC |         | PROVISIONAL |         |
|----------------------------|-----------|---------|-------------|---------|
|                            | FAT       | MT      | FAT         | MT      |
| 100 Meters                 | 10.18     | -       | 10.40       | -       |
| 200 Meters                 | 20.55     | -       | 20.90       | -       |
| 400 Meters                 | 45.60     | 45.3    | 46.50       | 46.2    |
| 800 Meters                 | 1:47.30   | 1:47.0  | 1:49.20     | 1:48.9  |
| 1,500 Meters #             | 3:41.30   | 3:41.0  | 3:45.50     | 3:45.2  |
| 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 #             | 13:50.00  | 13:49.7 | 14:15.00    | 14:14.7 |
| 10,000 Meters #            | 29:10.00  | 29:09.7 | 29:55.00    | 29:54.7 |
| 100-Meter Hurdles          | 13.72     | -       | 14.00       | -       |
| 400-Meter Hurdles          | 50.20     | 49.9    | 51.30       | 51.0    |
| 400-Meter Relay            | 39.35     | 39.1    | 40.00       | 39.7    |
| 440-Yard Relay             | 39.55     | 39.3    | 40.20       | 39.9    |
| 1,600-Meter Relay          | 3:04.40   | 3:04.1  | 3:07.50     | 3:07.2  |
| Mile Relay                 | 3:05.60   | 3:05.3  | 3:08.70     | 3:08.4  |

|             | METRIC       | METRIC       |
|-------------|--------------|--------------|
| High Jump   | 2.25         | 2.18         |
| Pole Vault  | 5.52         | 5.26         |
| Long Jump   | 8.05         | 7.70         |
| Triple Jump | 16.45        | 15.75        |
| Shot Put    | 18.80        | 17.60        |
| Discus      | 59.00        | 55.00        |
| Javelin     | 73.00        | 67.00        |
| Hammer      | 67.50        | 60.00        |
| Decathlon   | 7,600 points | 7,150 points |

\* - Size of track  
# - Altitude adjustment available



# Men's Records

## 100 Meter Dash

|                        |       |      |                            |
|------------------------|-------|------|----------------------------|
| FSU Outdoor Record     | 10.08 | 1979 | Mike Roberson              |
| Mike Long Track Record | 10.11 | 1988 | Andre Cason, Texas A&M     |
| ACC Outdoor Record     | 10.03 | 1993 | James Trapp, Clemson       |
| Collegiate Record      | 9.91  | 1992 | Davidson Ezinwa, Azusa/NGA |

## 200 Meter Dash

|                        |       |      |                         |
|------------------------|-------|------|-------------------------|
| FSU Outdoor Record     | 20.08 | 1980 | Mike Robinson           |
| Mike Long Track Record | 20.47 | 1979 | James Mallard, Alabama  |
| ACC Outdoor Record     | 20.27 | 1988 | Danny Peebles, NC State |
| Collegiate Record      | 19.75 | 1988 | Joe DeLoach, Houston    |

## 400 Meter Dash

|                        |       |      |                                   |
|------------------------|-------|------|-----------------------------------|
| FSU Outdoor Record     | 44.99 | 1981 | Walter McCoy                      |
| Mike Long Track Record | 45.34 | 1984 | James Rolle, Bud Light TC         |
| ACC Outdoor Record     | 44.71 | 1984 | Antonio McKay, Georgia Tech       |
| Collegiate Record      | 43.50 | 1992 | Quincy Watis, Southern California |

## 800 Meter Run

|                        |         |      |                          |
|------------------------|---------|------|--------------------------|
| FSU Outdoor Record     | 1:46.19 | 1986 | Ocky Clark               |
| Mike Long Track Record | 1:46.61 | 1985 | Ocky Clark, Bud Light TC |
| ACC Outdoor Record     | 1:43.16 | 1989 | Paul Ereng, Virginia     |
| Collegiate Record      | 1:41.77 | 1984 | Joaquinn Cruz, Oregon    |

## 1,500 Meter Run

|                        |         |      |                              |
|------------------------|---------|------|------------------------------|
| FSU Outdoor Record     | 3:43.19 | 1986 | Ocky Clark                   |
| Mike Long Track Record | 3:43.02 | 1986 | Ocky Clark, Bud Light TC     |
| ACC Outdoor Record     | 3:38.57 | 1987 | Terrance Herrington, Clemson |
| Collegiate Record      | 3:31.71 | 1987 | Abdi Bile, George Mason      |

## 3,000 Meter Steeplechase

|                        |         |      |                            |
|------------------------|---------|------|----------------------------|
| FSU Outdoor Record     | 8:52.7  | 1976 | Bobby James                |
| Mike Long Track Record | 8:26.46 | 1986 | Brian Abshire, Auburn      |
| ACC Outdoor Record     | 8:21.72 | 1981 | Hans Koeleman, Clemson     |
| Collegiate Record      | 8:05.4  | 1978 | Henry Rono, Washington St. |

## 5,000 Meter Run

|                        |          |      |                                 |
|------------------------|----------|------|---------------------------------|
| FSU Outdoor Record     | 13:53.26 | 1982 | Herb Wills                      |
| Mike Long Track Record | 13:45.2  | 1982 | Barry Brown, Florida Track Club |
| ACC Outdoor Record     | 13:24.46 | 1984 | Stijn Jaspers, Clemson          |
| Collegiate Record      | 13:08.04 | 1978 | Henry Rono, Washington St.      |

## 10,000 Meter Run

|                        |          |      |                            |
|------------------------|----------|------|----------------------------|
| FSU Outdoor Record     | 28:58.7  | 1982 | Herb Wills                 |
| Mike Long Track Record | 29:06.0  | 1983 | Jim Saplenza, Dartmouth    |
| ACC Outdoor Record     | 28:48.37 | 1991 | Bob Henes, NC State        |
| Collegiate Record      | 27:22.47 | 1978 | Henry Rono, Washington St. |

## 110 Meter High Hurdles

|                        |       |      |                            |
|------------------------|-------|------|----------------------------|
| FSU Outdoor Record     | 13.29 | 1987 | Arthur Blake               |
| Mike Long Track Record | 13.27 | 1990 | Arthur Blake, Mazda TC     |
| ACC Outdoor Record     | 13.00 | 1979 | Renaldo Nehemiah, Maryland |
| Collegiate Record      | 13.00 | 1979 | Renaldo Nehemiah, Maryland |

## 400 Meter Int. Hurdles

|                        |       |      |                              |
|------------------------|-------|------|------------------------------|
| FSU Outdoor Record     | 49.15 | 1995 | John Rothell                 |
| Mike Long Track Record | 49.15 | 1995 | John Rothell, Florida State  |
| ACC Outdoor Record     | 48.60 | 1986 | Derrick Adkins, Georgia Tech |
| Collegiate Record      | 47.10 | 1991 | Samuel Matate, Auburn        |

## 4 X 100 Meter Relay

|                    |       |      |                                   |
|--------------------|-------|------|-----------------------------------|
| FSU Outdoor Record | 39.34 | 1977 | Roberson, Walker, Merrick, Forbes |
|--------------------|-------|------|-----------------------------------|

|                        |       |      |                                               |
|------------------------|-------|------|-----------------------------------------------|
| Mike Long Track Record | 39.15 | 1984 | Butler, Krullee, Smith, Lattany, Bud Light TC |
| ACC Outdoor Record     | 39.07 | 1989 | Bryant, Frazier, Brooks, Braunskill, NC State |
| Collegiate Record      | 38.23 | 1989 | Porter, Smith, Scholars, Stewart, TCU         |

## 4 X 400 Meter Relay

|                        |         |      |                                                 |
|------------------------|---------|------|-------------------------------------------------|
| FSU Outdoor Record     | 3:03.76 | 1986 | Williams, McKenzie, Waddell, Johnson            |
| Mike Long Track Record | 3:03.34 | 1985 | Krehnbrink, Hind, Bernard, Armour, Georgia Tech |
| ACC Outdoor Record     | 2:59.95 | 1992 | Terry, Anedee, Adkins, Mills, Georgia Tech      |
| Collegiate Record      | 2:59.91 | 1988 | Lewis, Young, Everett, Thomas, UCLA             |

## Hammer

|                        |           |      |                        |
|------------------------|-----------|------|------------------------|
| FSU Outdoor Record     | 215-8     | 1986 | Horatio Garcia         |
| Mike Long Track Record | 221-8 1/2 | 1983 | Derrin Hegerty, Boston |
| ACC Outdoor Record     | 199-3     | 1981 | Al Baginski, Maryland  |
| Collegiate Record      | 257-0     | 1995 | Balazs Kiss, USC       |

## Shot Put

|                        |          |      |                         |
|------------------------|----------|------|-------------------------|
| FSU Outdoor Record     | 60-8     | 1987 | Mike Bell               |
| Mike Long Track Record | 64-0     | 1986 | Mike Spiritoso, Clemson |
| ACC Outdoor Record     | 68-4 1/4 | 1986 | Mike Spiritoso, Clemson |
| Collegiate Record      | 72-2 1/4 | 1992 | John Godina, UCLA       |

## Discus

|                        |       |      |                         |
|------------------------|-------|------|-------------------------|
| FSU Outdoor Record     | 212-6 | 1979 | Brad Cooper             |
| Mike Long Track Record | 211-4 | 1986 | Brad Cooper, Bahamas TC |
| ACC Outdoor Record     | 208-6 | 1996 | Andy Bloom, Wake Forest |
| Collegiate Record      | 232-4 | 1992 | Kamy Keshmiri, Nevada   |

## Javelin

|                        |       |      |                             |
|------------------------|-------|------|-----------------------------|
| FSU Outdoor Record     | 250-4 | 1981 | Hank Langee                 |
| Mike Long Track Record | 248-5 | 1988 | Tom Pukstys, DuPage         |
| ACC Outdoor Record     | 240-8 | 1992 | Sean Murray, North Carolina |
| Collegiate Record      | 292-4 | 1990 | Patrick Bodin, Texas        |

## High Jump

|                        |         |      |                                       |
|------------------------|---------|------|---------------------------------------|
| FSU Outdoor Record     | 7-5 3/4 | 1993 | Kevin Crist                           |
| Mike Long Track Record | 7-5 3/4 | 1993 | Kevin Crist, Florida State            |
| ACC Outdoor Record     | 7-6     | 1986 | Victor Smalls, Clemson                |
| Collegiate Record      | 7-10    | 1989 | Hollis Conway, Southeastern Louisiana |

## Long Jump

|                        |           |      |                           |
|------------------------|-----------|------|---------------------------|
| FSU Outdoor Record     | 25-11 1/2 | 1983 | Mark Freeman              |
| Mike Long Track Record | 27-6 3/4  | 1982 | Larry Myricks, Unattached |
| ACC Outdoor Record     | 26-2 1/4  | 1985 | Jake Howard, NC State     |
| Collegiate Record      | 28-8 1/4  | 1995 | Erick Walder, Arkansas    |

## Triple Jump

|                        |          |      |                                   |
|------------------------|----------|------|-----------------------------------|
| FSU Outdoor Record     | 54-6     | 1992 | Kelsey Nash                       |
| Mike Long Track Record | 54-0 3/4 | 1984 | Charlie Simpkins, Liberty Baptist |
| ACC Outdoor Record     | 55-3     | 1979 | Dennis Ivory, Maryland            |
| Collegiate Record      | 58-1 1/4 | 1990 | Mike Conley, Arkansas             |

## Decathlon

|                        |      |      |                           |
|------------------------|------|------|---------------------------|
| FSU Outdoor Record     | 7612 | 1981 | Rohn Stark                |
| Mike Long Track Record | 7873 | 1990 | Kevin McGarty, Unattached |
| ACC Outdoor Record     | 7920 | 1992 | Stephen Dunphy, Virginia  |
| Collegiate Record      | 8322 | 1986 | Mike Ramos, Washington    |

## Pole Vault

|                        |          |      |                             |
|------------------------|----------|------|-----------------------------|
| FSU Outdoor Record     | 18-6 1/2 | 1992 | Jeff Bray, Florida State    |
| Mike Long Track Record | 18-6 1/2 | 1992 | Jeff Bray, Florida State    |
| ACC Outdoor Record     | 18-6 1/2 | 1992 | Jeff Bray, Florida State    |
| Collegiate Record      | 19-7 1/2 | 1996 | Lawrence Johnson, Tennessee |

# Men's All-Time Top Performances

## 100 Meters

|                    |       |      |
|--------------------|-------|------|
| 1. Mike Roberson   | 10.07 | 1979 |
| 2. Jonathan Carter | 10.17 | 1996 |
| 3. Jimmy Daniel    | 10.24 | 1985 |
| Don Merrick        | 10.24 | 1977 |
| 5. Deion Sanders   | 10.26 | 1988 |
| 6. Clark Waddell   | 10.28 | 1985 |
| 7. Jessie Forbes   | 10.29 | 1978 |
| Kevin Johnson      | 10.29 | 1978 |
| 9. Bobby Butler    | 10.30 | 1980 |
| Warrick Dunn       | 10.30 | 1996 |

## 200 Meters

|                    |          |      |
|--------------------|----------|------|
| 1. Mike Roberson   | 19.95(w) | 1980 |
| Mike Roberson      | 20.08    | 1980 |
| 2. Ronnie Taylor   | 20.39    | 1982 |
| 3. Jonathan Carter | 20.40    | 1996 |
| 4. Ron Harrison    | 20.54    | 1960 |
| 5. Arthur Blake    | 20.63    | 1987 |
| 6. Deion Sanders   | 20.71    | 1987 |
| 7. Don Merrick     | 20.72    | 1977 |
| 8. Clarke Waddell  | 20.76    | 1986 |
| 9. Kevin Ansley    | 20.77    | 1994 |
| 10. Vesco Bradley  | 20.78    | 1974 |

## 400 Meters

|                    |       |      |
|--------------------|-------|------|
| 1. Walter McCoy    | 44.99 | 1981 |
| 2. Kevin Ansley    | 45.68 | 1994 |
| 3. Thomas Johnson  | 45.69 | 1985 |
| 4. Carter Williams | 45.85 | 1985 |
| Vince Washington   | 45.85 | 1985 |
| 6. Ronnie Taylor   | 45.94 | 1982 |
| Clark Waddell      | 45.94 | 1985 |
| 8. Ron Nelson      | 46.16 | 1979 |
| 9. Reggie Ross     | 46.37 | 1984 |
| 10. John Walker    | 46.42 | 1979 |

## 800 Meters

|                     |         |      |
|---------------------|---------|------|
| 1. Ocky Clark       | 1:46.19 | 1986 |
| 2. Phillip Rolle    | 1:46.58 | 1981 |
| 3. Palmer Simmons   | 1:47.30 | 1980 |
| 4. Rob Circelli     | 1:47.42 | 1991 |
| 5. Mark Grey        | 1:47.89 | 1994 |
| 6. Tim Middelkoop   | 1:48.06 | 1994 |
| 7. George Gardner   | 1:48.37 | 1986 |
| 8. Tyrone Frederick | 1:48.44 | 1974 |
| 9. Rob Gomez        | 1:48.80 | 1980 |
| 10. Doug Loftus     | 1:48.83 | 1983 |

## 1,500 Meters

|                     |         |      |
|---------------------|---------|------|
| 1. Ocky Clark       | 3:43.02 | 1986 |
| 2. Rob Gomez        | 3:43.6  | 1982 |
| 3. Tom Herron       | 3:45.3  | 1980 |
| 4. Jason Frank      | 3:47.10 | 1990 |
| 5. Cliff Cook       | 3:47.2  | 1978 |
| 6. Bobby Shakleford | 3:47.3  | 1982 |
| 7. Martin Enholm    | 3:47.60 | 1984 |
| 8. Martin Reid      | 3:48.16 | 1994 |
| 9. Rob Circelli     | 3:49.10 | 1991 |

## Mile

|                |        |      |
|----------------|--------|------|
| 1. Bobby Burr  | 4:02.4 | 1974 |
| 2. Cliff Cook  | 4:05.6 | 1979 |
| 3. Mike Conley | 4:05.7 | 1958 |
| 4. George West | 4:06.2 | 1976 |
| 5. Ken Misner  | 4:06.5 | 1970 |

## 5,000 Meters

|                    |          |      |
|--------------------|----------|------|
| 1. Herb Wills      | 13:53.26 | 1982 |
| 2. George West     | 13:55.1  | 1976 |
| 3. Larry Greene    | 14:05.83 | 1983 |
| 4. Greg Doss       | 14:07.45 | 1985 |
| 5. Ken Misner      | 14:09.54 | 1971 |
| 6. Donnie Cook     | 14:15.8  | 1978 |
| 7. Del Ramers      | 14:18.74 | 1972 |
| 8. Paul Waldron    | 14:20.96 | 1984 |
| 9. Ronnie Treadway | 14:22.0  | 1982 |
| 10. Doug Overfelt  | 14:24.0  | 1980 |

## 10,000 Meters

|                    |          |      |
|--------------------|----------|------|
| 1. Ken Misner      | 28:55.34 | 1971 |
| 2. Herb Wills      | 28:58.74 | 1982 |
| 3. Larry Greene    | 29:20.5  | 1983 |
| 4. Paul Waldron    | 29:43.1  | 1981 |
| 5. David Keen      | 29:47.20 | 1989 |
| 6. Donnie Cook     | 30:14.4  | 1978 |
| 7. John Hodge      | 30:30.0  | 1980 |
| 8. Ronnie Treadway | 30:35.0  | 1982 |
| 9. Greg Doss       | 30:43.5  | 1985 |
| 10. Matt Dobson    | 31:32.27 | 1991 |

## 3,000 Steeplechase

|                    |         |      |
|--------------------|---------|------|
| 1. Bobby James     | 8:52.7  | 1976 |
| 2. Doug Overfelt   | 8:53.39 | 1981 |
| 3. Jacob Hoesly    | 8:58.52 | 1987 |
| 4. Ronnie Treadway | 8:59.34 | 1984 |
| 5. Trey Culbertson | 9:02.83 | 1993 |
| 6. Mike Sautter    | 9:03.7  | 1978 |
| 7. Richard Corbett | 9:04.77 | 1988 |
| 8. Billy Penick    | 9:11.20 | 1989 |
| 9. Chris Daniels   | 9:14.26 | 1985 |
| 10. Chris Mooney   | 9:14.26 | 1990 |

## 110-Meter Hurdles

|                     |       |      |
|---------------------|-------|------|
| 1. Arthur Blake     | 13.29 | 1987 |
| 2. Phillip Riley    | 13.39 | 1996 |
| 3. Mike Roberson    | 13.64 | 1977 |
| Danny Smith         | 13.64 | 1974 |
| 5. Marcus Dixon     | 13.65 | 1993 |
| 6. Rodney Lawson    | 13.68 | 1989 |
| 7. Leander McKenzie | 13.81 | 1984 |
| 8. Darren Nutt      | 13.91 | 1992 |
| 9. Mike Kelly       | 13.94 | 1969 |
| 10. Eric Riley      | 13.96 | 1985 |

## 400-Meter Hurdles

|                     |       |      |
|---------------------|-------|------|
| 1. John Rothell     | 49.15 | 1995 |
| 2. Leander McKenzie | 49.33 | 1985 |
| 3. Mike Kelly       | 50.04 | 1969 |
| 4. John Citron      | 50.48 | 1979 |
| 5. Eric Riley       | 50.71 | 1984 |
| Tim Franklin        | 50.71 | 1996 |
| 7. Charlie Carr     | 50.83 | 1984 |
| 8. Mark Herman      | 51.24 | 1976 |
| 9. Chris Sloan      | 51.31 | 1991 |
| 10. Bruce James     | 51.56 | 1989 |

## Long Jump

|                  |            |      |      |
|------------------|------------|------|------|
| 1. Mark Freeman  | 25'11 1/2" | 7.91 | 1983 |
| 2. Billy Close   | 25'8 1/2"  | 7.83 | 1988 |
| 3. Vesco Bradley | 25'6 3/4"  | 7.79 | 1975 |
| 4. James Milton  | 25'4"      | 7.72 | 1992 |
| 5. Kelsey Nash   | 25'        | 7.62 | 1993 |
| 6. Greg Allen    | 24'11 3/4" | 7.61 | 1984 |
| 7. Kevin Johnson | 24'11 1/4" | 7.60 | 1978 |
| 8. Sid Gainey    | 24'11"     | 7.59 | 1966 |
| 9. Rudy Falana   | 24'10 3/4" | 7.58 | 1975 |
| 10. Henry Finney | 24'6"      | 7.46 | 1976 |

## Triple Jump

|                       |           |       |      |
|-----------------------|-----------|-------|------|
| 1. Kelsey Nash        | 54'6"     | 16.61 | 1992 |
| 2. Leon Hutchins      | 54'2 1/4" | 16.51 | 1982 |
| 3. Andy Latimar       | 52'7 1/2" | 16.04 | 1985 |
| 4. Henry Finney       | 51'10"    | 15.80 | 1976 |
| 5. Charlie Harris     | 51'8 1/4" | 15.75 | 1974 |
| 6. Eric Robinson      | 51'5 1/2" | 15.68 | 1987 |
| 7. Anthony Washington | 51' 3/4"  | 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        | 7'5 3/4" | 2.28 | 1993 |
| 2. Kenny Smith        | 7'4 1/4" | 2.24 | 1984 |
| 3. Darrel Wills       | 7'3 1/2" | 2.22 | 1986 |
| 4. Tom Stitt          | 7'2 1/2" | 2.20 | 1987 |
| 5. Larry Sayer        | 7'2"     | 2.19 | 1980 |
| 6. Anthony Washington | 7'1 3/4" | 2.18 | 1994 |
| 7. Jeff Nedimyer      | 7'1"     | 2.16 | 1976 |
| 8. David Etheridge    | 7'       | 2.13 | 1985 |
| Ashley Peeples        | 7'       | 2.13 | 1985 |
| Gary Snells           | 7'       | 2.13 | 1987 |

### Shot Put

|                   |           |       |      |
|-------------------|-----------|-------|------|
| 1. Mike Bell      | 60'8"     | 18.49 | 1987 |
| 2. Ken Lanier     | 60'2"     | 18.34 | 1979 |
| 3. Allen Williams | 59'10"    | 18.23 | 1963 |
| 4. Scott Peterson | 59'5"     | 18.21 | 1992 |
| 5. Ryan Carson    | 56'4 3/4" | 17.19 | 1994 |
| 6. Ray Nuredini   | 56'4"     | 17.17 | 1980 |
| 7. Marc Anderson  | 55'9"     | 16.99 | 1995 |
| 8. Jeff Clark     | 55'3 1/4" | 16.84 | 1962 |
| 9. Eric Chambers  | 55'1"     | 16.79 | 1991 |
| 10. Chuck Crowder | 55'       | 16.76 | 1971 |

### Discus

|                     |        |       |      |
|---------------------|--------|-------|------|
| 1. Bradley Cooper   | 212'6" | 64.78 | 1979 |
| 2. Eric Chambers    | 179'8" | 54.76 | 1992 |
| 3. Harry Glenn      | 178'9" | 54.48 | 1980 |
| 4. Jody Lawrence    | 172'9" | 52.66 | 1996 |
| 5. Earl Johnson     | 171'7" | 52.30 | 1986 |
| 6. Ken Lanier       | 171'   | 52.12 | 1980 |
| 7. Ray Nuredini     | 168'9" | 51.44 | 1977 |
| 8. George Frank     | 168'5" | 51.34 | 1969 |
| 9. Ryan Carson      | 167'2" | 50.96 | 1994 |
| 10. Bruce McCambell | 167'   | 50.90 | 1971 |

### Javelin (New)

|                    |         |       |      |
|--------------------|---------|-------|------|
| 1. Lou Angelo      | 233'10" | 71.28 | 1994 |
| 2. Justin Johnston | 231'5"  | 70.54 | 1995 |
| 3. Tom Fetters     | 230'5"  | 70.24 | 1989 |
| 4. Greg Jack       | 210'8"  | 64.22 | 1996 |

### Javelin (Old)

|                     |        |       |      |
|---------------------|--------|-------|------|
| 1. Hank Langee      | 250'4" | 76.34 | 1981 |
| 2. Eric Allen       | 250'   | 76.20 | 1977 |
| 3. Randy Hutchinson | 235'1" | 71.66 | 1973 |
| 4. Jim Buck         | 233'6" | 71.18 | 1971 |
| 5. Jerry Henderson  | 227'5" | 69.32 | 1958 |

### Hammer

|                   |         |       |      |
|-------------------|---------|-------|------|
| 1. Horatio Garcia | 215'10" | 65.80 | 1987 |
| 2. Andy Shirk     | 180'10" | 55.08 | 1993 |

|                         |             |       |      |
|-------------------------|-------------|-------|------|
| 3. William Shirk        | 172'        | 52.44 | 1996 |
| 4. Eric Chambers        | 165'10"     | 50.56 | 1991 |
| 5. Mike Brinkman        | 165'        | 50.30 | 1984 |
| 6. Anthony Sasso        | 162'10"     | 49.64 | 1996 |
| 7. George Karakatsansis | 162'6"      | 49.54 | 1988 |
| 8. Mark Sleeman         | 149'7"      | 45.60 | 1985 |
| 9. Jody Lawrence        | 147'10 1/2" | 45.07 | 1996 |

### Decathlon

|                     |      |      |
|---------------------|------|------|
| 1. Rohn Stark       | 7612 | 1981 |
| 2. Tom Reither      | 7193 | 1985 |
| 3. Charlie Galloway | 6829 | 1971 |
| 4. Mark Nugen       | 6800 | 1980 |
| 5. Lenx Jackson     | 6792 | 1984 |
| 6. Chris Keen       | 6526 | 1993 |
| 7. Mark Napier      | 6491 | 1988 |
| 8. Thomas Bowman    | 6417 | 1950 |
| 9. Mark McIntosh    | 6117 | 1988 |
| 10. Bill Lickson    | 6035 | 1982 |

### Pole Vault

|                    |           |      |      |
|--------------------|-----------|------|------|
| 1. Jeff Bray       | 18'6 1/2" | 5.65 | 1992 |
| 2. Larry Carr      | 18'1"     | 5.51 | 1989 |
| 3. Tom Reither     | 17'6"     | 5.34 | 1988 |
| 4. Phares Rolle    | 17'1"     | 5.21 | 1976 |
| 5. Dusty Harmon    | 17'       | 5.18 | 1983 |
| Brain 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-Meter Relay

|                                        |       |      |
|----------------------------------------|-------|------|
| 1. Roberson, Walker, Merrick, Forbes   | 39.24 | 1977 |
| 2. Carter, Blake, Sanders, Smith       | 39.40 | 1988 |
| 3. Butler, Johnson, Roberson, McCoy    | 39.42 | 1980 |
| 4. Roberson, Forbes, Williams, Merrick | 39.44 | 1976 |
| 5. Carter, Dixon, Nash, Ansley         | 39.47 | 1994 |
| 6. Riley, Carter, Dunn, Colombo        | 39.50 | 1996 |
| 7. Carter, Nash, Dixon, Ansley         | 39.54 | 1993 |
| 8. Lawson, Blake, Mayhew, Smith        | 39.55 | 1987 |
| 9. Wells, Taylor, Nelson, McCoy        | 39.61 | 1981 |
| 10. Riley, Carter, Dunn, Capers        | 39.77 | 1996 |



National Champion Mike Roberson holds the FSU record in the 100m and 200m dashes.

### 4x400-Meter Relay

|                                          |         |      |
|------------------------------------------|---------|------|
| 1. Williams, McKenzie, Waddell, Johnson  | 3:03.78 | 1986 |
| 2. Nelson, Ross, McCoy, Simmons          | 3:04.29 | 1980 |
| 3. McKenzie, Washington, Gordon, Johnson | 3:04.33 | 1980 |
| 4. Nelson, Rolle, Brown, McCoy           | 3:04.66 | 1981 |
| 5. McKenzie, Ross, Carr, Washington      | 3:05.50 | 1984 |
| 6. Nelson, Caruthers, McCoy, Simmons     | 3:05.84 | 1979 |
| 7. Jefferson, Nash, Carter, Ansley       | 3:06.28 | 1993 |
| 8. Grey, Franklin, Rothell, Ansley       | 3:06.45 | 1994 |
| 9. Citron, Nelson, Caruthers, McCoy      | 3:06.64 | 1979 |
| 10. Carter, Franklin, Middelkoop, Ansley | 3:06.93 | 1995 |

# Seminole All-Americans

## Cross Country

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

## Indoor

- 1973 Danny Smith-60 yd. hurdles
- 1974 Danny Smith-60 yd hurdles (1st)
- 1975 Danny Smith-60-yd hurdles (1st)
- 1976 Don Merrick-60 yards
- 1977 Mike Roberson-60 yd hurdles (1st)
- 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
- 1995 Phillip Riley-55m hurdles (1st)

## 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
- 1974 Tyrone Frederick-880 yards, Danny Smith-120-yd hurdles
- 1975 Rudy Falana-long jump; Jesse Forbes-100 yards; Charlie Harris-triple jump; Tyrone Frederick-880 yards;
- 1976 Mike Roberson-200m; Phares Rolle-pole vault
- 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-400m IM hurdles; Jonathan Carter, Marcus Dixon, Kelsey Nash, Kevin Ansley-4x100, Lou Angelo-javelin
- 1995 Jonathan Carter-100 meters; Justin Johnston-javelin
- 1996 Jonathan Carter-100m, 200m; Justin Johnston-javelin; Byron Capers, Jonathan Carter, Warrick Dunn, Phillip Riley-4x100.

## 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
- Phillip Riley- 1995- Indoor 55m hurdles

## Seminole in the Olympics

- 1992 Barcelona  
Arthur Blake (United States) ,110 Hurdles  
Tom Reither (Chile), Pole Vault
- 1988 Seoul  
Arthur Blake (United States), 110 Hurdles (8th place)  
Bradley Cooper (Bahamas), Discus
- 1984 Los Angeles  
Bradley Cooper (Bahamas), Discus  
Walter McCoy (United States) 1600 Meter Relay (Champion)
- 1976 Montreal  
Danny Smith (Bahamas), 110 Hurdles



# Mike Long Track

*M*ike Long Track will serve as the home of the Florida State track and field team for the 42nd year with the start of the 1997 season. In its existence, the complex has grown and seen the Seminole track and field program rise into national prominence.

The Mike Long Track complex is recognized as one of the best outdoor facilities in the country. In addition to 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 to the track. It is used exclusively by Seminole track and field team members and 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 a 48" television that allows athletes to work on technique.

Named after Florida State's first track and field head coach, 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. Florida State and Mike Long Track also hosted the Atlantic Coast Conference Outdoor Track



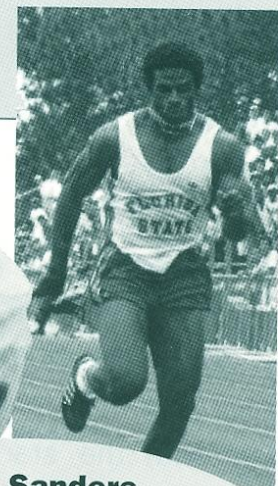
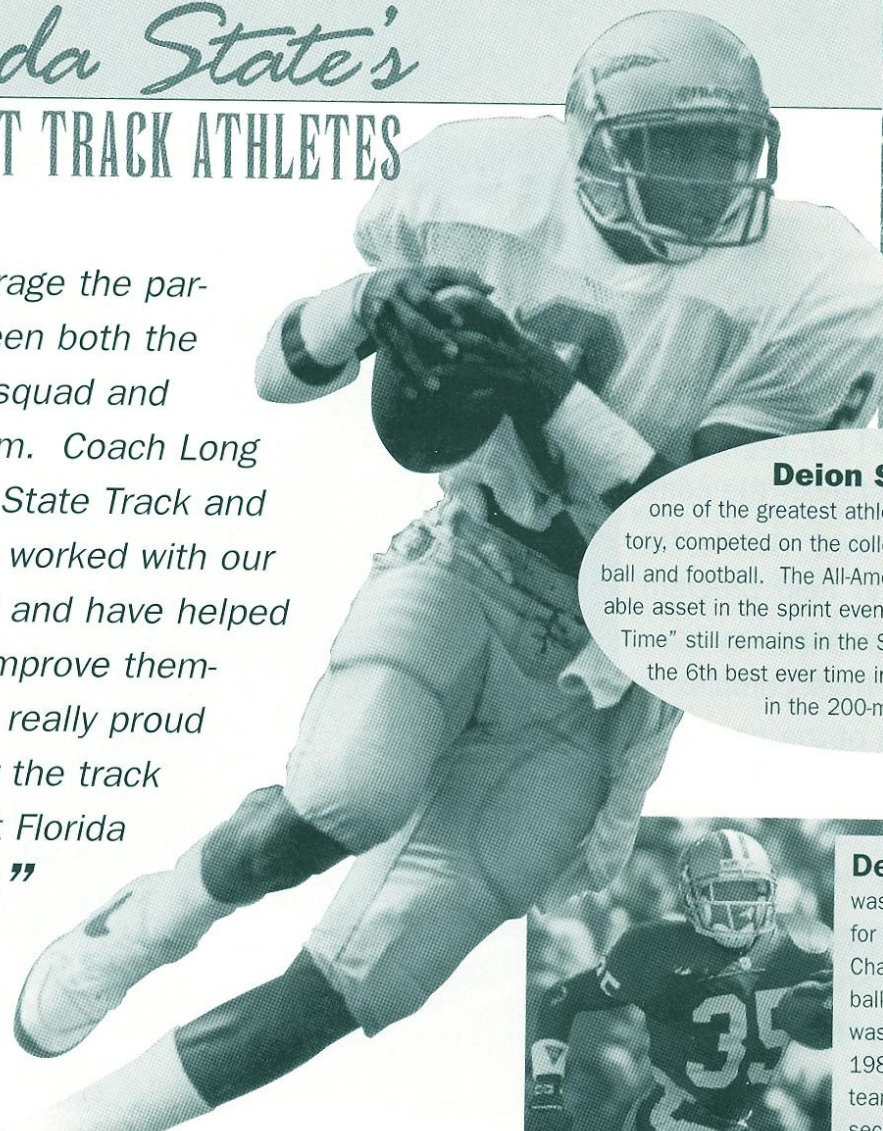
and Field Championships in its first year in the league, 1992. The USA Track and Field National Junior Championships returned to Mike Long Track in the summer of '94. The British Olympic Team, who trained in Tallahassee before the 1996 Olympic Games, used the facility for all their track and field practices and workouts over the summer.

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, Mike Long Track will continue to host some of the top athletes, teams and meets in the sport.

# Florida State's TWO-SPORT TRACK 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

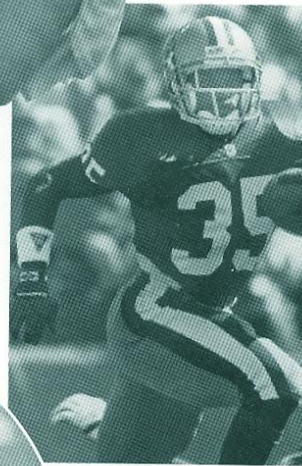


## Deion Sanders

one of the greatest athletes in Florida State history, competed on the collegiate level in track, baseball and football. The All-America cornerback was a valuable asset in the sprint events and relay teams. “Prime Time” still remains in the Seminole record book with the 6th best ever time in the 100 and 7th best in the 200-meters.

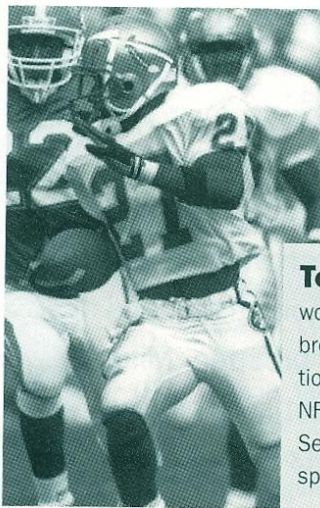
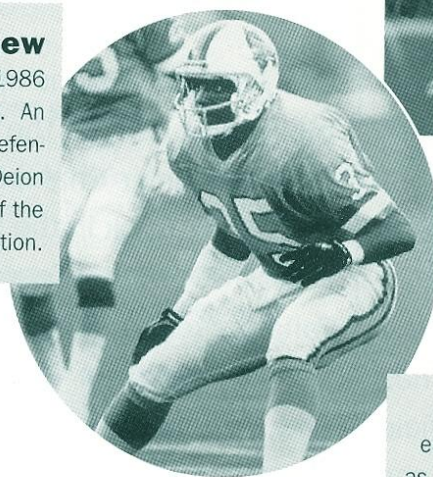
## Dexter Carter

was the starting tailback for the Fiesta Bowl Champion Seminole football team in 1989. Carter was a member of the 1988 4x100 meter relay team that recorded the second fastest time in Florida State history at 39.40. Carter was drafted by the San Francisco 49ers in the first round in 1990.



## Martin Mayhew

was a standout performer on the 1986 and 1987 4x100 meter relay teams. An honorable mention all-american at defensive back, Mayhew teamed with Deion Sanders to give Florida State two of the most talented cornerbacks in the nation.



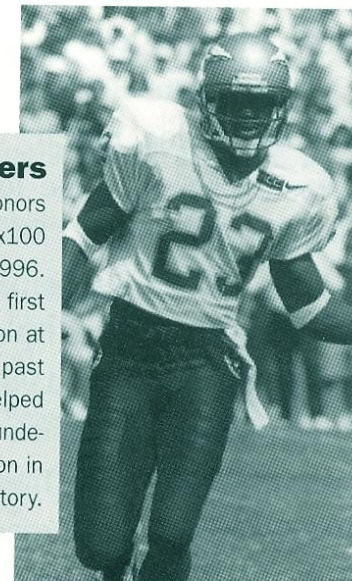
## Terrell Buckley

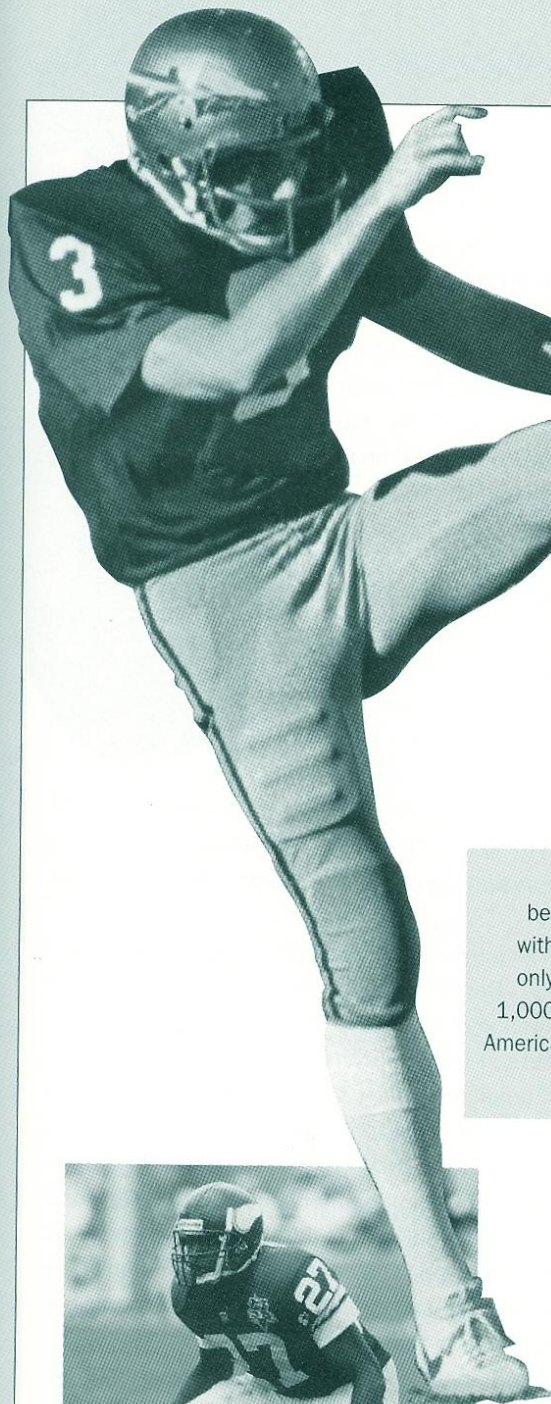
won the 1991 Jim Thorpe Award while breaking the Seminole season interception record with 12. Before going to the NFL, Buckley proved a key member of the Seminole track team in the areas of sprints and relays.

## Byron Capers

earned All-America honors as the anchor of the 4x100 meter relay team in 1996.

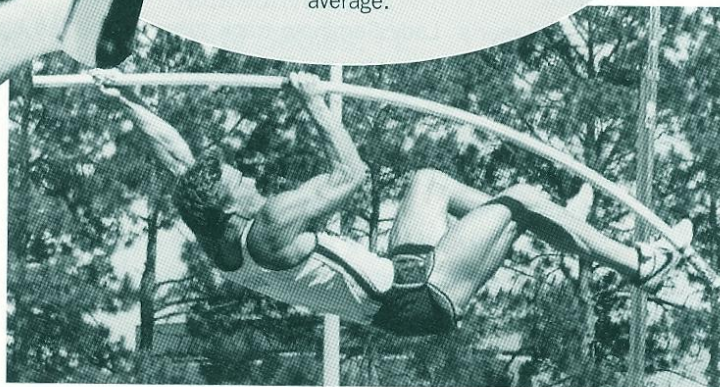
Capers was also a first team All-ACC selection at cornerback during this past football season and helped FSU to their second undefeated regular season in school history.





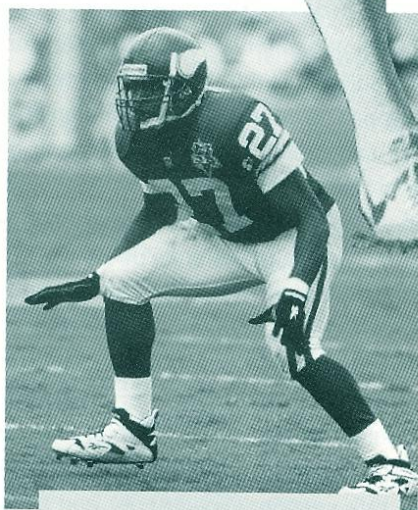
### Rohn Stark

is the top scorer Florida State has ever had in the decathlon with a point total of 7,612. Stark enjoyed a successful professional career as a Pro-Bowl punter for Indianapolis and punted for Pittsburgh in Super Bowl XXX. Stark, the only two sport All-American in the history of Seminole athletics, holds the Florida State record for the highest career and season punting average.



### Warrick Dunn

became the leading rusher in school history with a career total of 3,959 yards. He is the only Seminole ever to post three consecutive 1,000 yard rushing seasons. Dunn was an All-American on the track last season as a member of the 4x100 meter relay team.



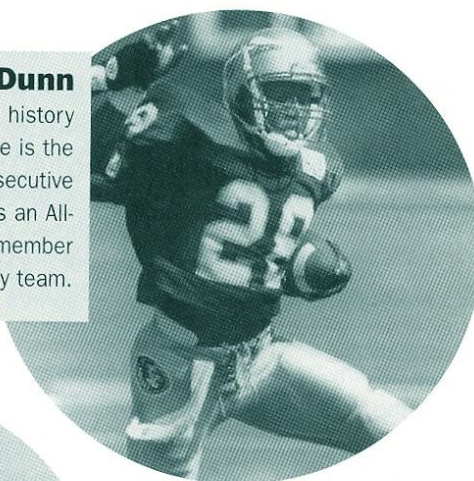
### Corey Fuller

was drafted by the Minnesota Vikings in the second round of the 1995 NFL draft. Fuller played for the 1993 national championship team and was a member of the 1994 ACC indoor championship track team.



### Ken Lanier

holds the second longest throw in the shot put in school history. A second team AP All-American for the Seminoles at offensive tackle, Lanier also stands in sixth place on the all-time discus list. Lanier was drafted in the fifth round by the Denver Broncos in 1981 and participated on three AFC Championship teams.



### Phillip Riley

was the national champion in the 55 meter indoor hurdles in 1995, and is one of the most successful two sport athletes in Florida State history. Riley, an Olympic Trials Qualifier in 1996, was drafted by the Philadelphia Eagles out of FSU.

# 1997 Women's Preview



The 1997 Lady Seminole track team looks to improve after a year in which they finished 20th at the NCAA Indoors and 25th at the NCAA Outdoors. FSU placed third at the ACC Indoors and improved to a second place conference finish when the ACC Outdoors rolled around.

This year's Lady Seminole track team will be led by the 4x400 meter relay team. The senior group of Sophia Danvers, Yashiva Edwards, Maria Embon and Erica Shepard are coming off a season in which they finished second at both the NCAA Indoor & Outdoor Championships.

"The 1997 women's team definitely starts with the women's 4x400 team," said head coach Terry Long. "They did a phenomenal job for us last year. Each one of those athletes are very capable of being national qualifiers and scorers in their individual events."

Senior Casey Custer will set the standard for the Lady Seminoles in the sprints. Custer, an NCAA qualifier, should contend for ACC honors in the 100 and 200-meters. Yashiva Edwards, Maria Embon and Sophia Danvers (3/4 of the women's 4x400) will drop down from their usual 400m to give Coach Long three quality participants in the 200m. Redshirt freshman Zuzette Mullings and freshman Tonya Carter round out the FSU sprint team.

"I feel comfortable with the sprints and the short relays, and confident in the 4x400m relay as long as we stay healthy," said Long. "I think Sophia Danvers is probably the best leadoff leg in the country in the 4x400 relay and Yashiva Edwards is one of the best anchors. Erica Shepard is an All-American in the 800m indoors and Maria Embon has gotten better every year. I think we have a real strong nucleus there."

Shepard, the ACC Champion in the 800m, leads a solid group at that distance. Behind Shepard are Nicole Singleton and Myriam Charles, two athletes who have the potential to qualify for NCAA competition. FSU also returns sophomore Marleena Crosby, an ACC scorer in the 800m last season.

In the longer distance events, the Lady Seminoles will look to Singleton in the 1,500m and senior Heather Anderson in the 1,500m and 3K. Freshman Diana Hartnup, coming off a solid cross country campaign, will be called on to be an early contributor if FSU hopes to pick up points in the distance areas.

Kristen Thorne, a provisional qualifier in both the 100m and 400m hurdles, hopes to have a solid senior season. Rikke Ronholt is coming off a hip injury, but looks to return to the NCAA's in the 400m hurdles. Ronholt will

also compete in the 100m hurdles along with the high jump and the 4x400m relay.

"I would like to see Kristen Thorne at the NCAA Championships this year," said Long. "She is one of the top hurdlers in the conference and I expect her to continue to improve."

Petena Moultrie, a senior jumper, is another who recorded an NCAA provisional mark last season. Moultrie only has outdoor eligibility remaining. Coach Long will also look for Zuzette Mullings to continue her progress in both the long jump and the triple jump. Freshman Shelby Cannon is another jumper who comes to FSU with many high school accomplishments and should give the Lady Seminoles additional depth.

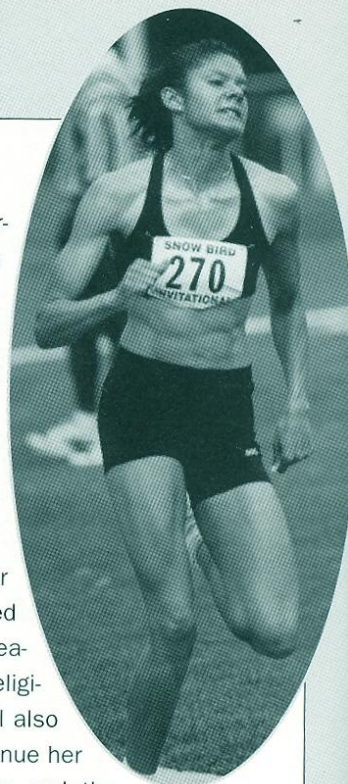
In the high jump, Christine Daniels and Rikke Ronholt lead the way. Daniels is a returning ACC scorer in the event and Ronholt is a talented athlete who has the ability to win meets in multiple events.

FSU will boast one of the strongest throwing teams in school history. The Lady Seminoles lose Cathy Erickson, but return a core group that set new standards for Coach Harlis Meaders' squad. Shannon Cook, Lakeisha Mose and Laura Goens are solid in all the throwing events. Add freshman Andrea Pappas, a Junior Olympic Champion in the shot put, and the Lady Seminoles will have one of the top throwing teams in the conference.

"I feel good about our throwers," said Long. "Cook, Mose and Goens are three of the better throwers we have ever had here. We lose Erickson, but Pappas should be able to step in early in the shot and also the javelin."

The 1997 Lady Seminoles are an experienced group that should contend for the conference title. The senior 4x400 team of Sophia Danvers, Maria Embon, Yashiva Edwards and Erica Shepard will put FSU in position to win the conference title this season. Solid sprint and throwing teams should give Coach Long's Lady Seminoles the added scoring they need during the regular season meets.

"We should be considered contenders to win the ACC Championship," said Long. "If we can stay injury-free and have some young talent contribute in several areas we will have a great year."



# 1997 Women's Roster

| Name              | Event | CL | Hometown                      |
|-------------------|-------|----|-------------------------------|
| Lindsay Adkins    | H     | FR | Pensacola, FL                 |
| Lynette Alvarez   | S     | SR | Deltona, FL                   |
| Heather Anderson  | D     | SR | Orlando, FL                   |
| Jill Assalti      | J     | FR | New Port Richey, FL           |
| Nickie Bournias   | D     | SO | Jacksonville, FL              |
| Rochelle Bryan    | T     | SO | Coral Gables, FL              |
| Lara Bryant       | D     | SR | Jacksonville, FL              |
| Tonya Carter      | S     | FR | Douglasville, GA              |
| Shelby Cannon     | J     | FR | Centerville, VA               |
| Myriam Charles    | S/J   | SR | Jacksonville, FL              |
| Shannon Cook      | T     | SR | Lake Mary, FL                 |
| Marleena Crosby   | MD    | SO | Jacksonville, FL              |
| Casey Custer      | S     | SR | Arlington, TX                 |
| Christine Daniels | J     | JR | Orlando, FL                   |
| Sophia Danvers    | S     | SR | Miami, FL                     |
| Yashiva Edwards   | S     | SR | Lemoore, CA                   |
| Maria Embon       | S     | SR | Martinez, GA                  |
| Shermonica Farrow | H     | FR | Spring Lake, NC               |
| Laura Goens       | T     | SR | Deltona, FL                   |
| Diana Hartnup     | D     | FR | Sarasota, FL                  |
| Aysha House       | S     | FR | Lenigh Acres, FL              |
| Kristin Kuehn     | H     | SR | Rochester, NY                 |
| Gretchen Lackey   | D     | JR | Venice, FL                    |
| Megan Lenker      | D     | SR | Tampa, FL                     |
| Chateau Mangaroo  | D     | SR | Clovis, NM                    |
| Lekeisha Mose     | T     | SO | Richmond, VA                  |
| Petena Moultrie   | H/J   | SR | Jacksonville, FL <sup>R</sup> |
| Zuzette Mullings  | S/J   | SO | Ellicott City, MD             |
| Terita Norton     | S     | SO | Thonotosassa, FL              |
| Andrea Pappas     | ME    | FR | Snellville, GA                |
| Rikke Ronholt     | H     | JR | Allerod, Denmark              |
| Erica Shepard     | S     | SR | Detroit, MI                   |
| Nicole Singleton  | D     | JR | Orlando, FL                   |
| Michaela Steele   | J     | FR | Miami, FL                     |
| Shannon Steele    | J     | FR | Miami, FL                     |
| Xuan Stevens      | S     | SO | Jacksonville, FL              |
| Kristen Thorne    | H     | SR | Lauderhill, FL                |
| Nadi Vlaun        | D     | FR | Big Pine Key, FL              |
| Leslie Wiggins    | D     | SO | Franktown, CO                 |

Key: J - Jumps; S - Sprints; H - Hurdles; MD - Middle Distance; T - Throws; HJ - High Jump; D - Distance; R - Relays; ME - Multi-Events.

# 1997 Women's Bios



## HEATHER ANDERSON

*DISTANCE*

*Year: Senior*

*Hometown: Altamonte Springs, FL  
(Lake Brantley HS)*

*Collegiate Bests: 1,500m  
(4:52.48), 3,000m (10:44.73),  
5,000m (18:21.09)*

Senior who will be counted on in the distance events... co-captain from this year's cross country team... **1996:** placed fifth at the ACC/SEC Challenge in the 5K (18:51)... ran 10:44.73 in the 3K to finish eighth at the FSU Relays... finished 17th (10:52) in the 3K and 15th (18:57) in the 5K at the ACC Outdoors... **1995:** recorded her best performance at the Auburn Invitational with a third place finish in the 5K... placed sixth in the 3K at the FAMU Relays with a time of 11:01... had five top nine finishes in outdoor meets... ran 5:33.10 at the Barnett Bank Invitational in the 1500m at Florida... **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:** first team All-Conference... conference and distance runner-up at Lake Brantley... **Personal:** majoring in sports marketing... niece of PGA pro Greg Norman... born April 5, 1975.



## SHELBY CANNON

*JUMPS*

*Year: Freshman*

*Hometown: Centreville, VA  
(Centreville HS)*

Freshman who will complement senior Petena Moultrie in the jumps... will be given the opportunity to contribute early... **Prep:** a four-time all-state selection at Centreville... named All-Metropolitan honorable mention team three times... earned high school All-America status in triple jump with a top mark of 38-7... **Personal:** a criminal justice major... born May 8, 1978.



## TONYA CARTER

*SPRINTS*

*Year: Freshman*

*Hometown: Douglasville, GA  
(Alexnader HS)*

Talented freshman that comes to FSU with numerous high school accolades... gives the Lady Seminoles needed depth in the sprints... **Prep:** holds the county and region record in the 100m and 200m... won the state championship in the 100m and finished second in the 200m as a senior... named track team MVP all four years at Alexander High... member of 4x100m relay team that finished second at the National Junior Olympics... **Personal:** undecided on major... born March 22, 1978.



## MYRIAM CHARLES

☆ *NCAA QUALIFIER* ☆

*SPRINTS/JUMPS*

*Year: Senior*

*Hometown: Jacksonville, FL  
(Edward White HS)*

*Collegiate Bests: 400m (56.15),  
800m (2:12.58)*

Hard worker with proven ability in the 800m... will compete in sprints and jumping events... excellent student who has been named to ACC Honor Roll and Dean's List... **1996:** placed sixth in the 800m at the ACC/SEC Challenge with a time of 2:12.75... ran 2:12.58 in a fourth place finish at the Wildcat Classic... placed seventh at the ACC Indoors and sixth at the ACC Outdoors in the 800m... finished second at the FSU Relays in the 800m (2:13)... **1995:** two fifth place finishes at the FSU 4-way meet in the 400m dash (57.88) and the 400m hurdles (1:05.61)... season-best time (2:13.97) and finish (second) at the Seminole Twilight in the 800m... eighth place finish at the Barnett Bank Indoor Invitational in the 800m with a time of 2:18.04... **1994:** ran FSU's best time in the 800m (2:17.34)... qualified for the NCAA Outdoor Championships as a member of the 4x400m relay... ran collegiate best 56.15 in the 400m at the Spring Track Classic... ran 2:14.27 in the 800m at the ACC Outdoor Championships... **Prep:** all-state selection as a junior and senior... district champion in the triple jump as a junior... MVP in cross country and track as a senior... honor student at White High School...

**Personal:** twin sister Majorie is a former FSU track athlete... plans to double major in French and English education... born April 29, 1975.



## SHANNON COOK

☆ **NCAA QUALIFIER** ☆ **THROWS**

Year: Senior

Hometown: Lake Mary, FL

(Lake Mary HS)

Collegiate Bests: Shot Put (49-5.50), Discus (149-7), Weight (46-4.25), Hammer (151-4)

Enters senior season as FSU's top thrower... expected to contend for conference honors and qualify for the NCAA Championships... **1996:** recorded an NCAA provisional mark in the shot (48-11) at the Clemson Invitational... placed fifth in both the shot and the weight at the ACC Indoors... finished first at the Snow Bird Invitational in the discus (149-7)... recorded a second place finish at the Florida Intercollegiate in the hammer with a throw of 151-4.. threw a collegiate-best 49-5.50 in to finish first in the ACC Outdoor shot put... also placed second in the discus and third in the weight... **1995:** redshirted due to injury... **1994:** finished second at the ACC Outdoor shot put (46-4.25) and third in the discus (140-2)... finished third at the ACC Indoors in the shot... **1993:** had a solid freshman season at FSU... finished sixth in the shot at the ACC Indoors... made a great showing at her first ACC Outdoor Championships by finishing third in the discus and fourth in the shot... **Prep:** second in the state in the shot put as a senior... set school, county and district records in the shot... **Personal:** a biology major... born January 20, 1974.



## MARLEENA CROSBY

**MIDDLE DISTANCE**

Year: Sophomore

Hometown: Jacksonville, FL

(William Raines HS)

Collegiate Bests: 800m (2:11.13)

Talented young sophomore from Jacksonville... gives the Seminoles another ACC scorer in the middle distance events... **1996:** placed second at the Clemson Invitational in the 800m (2:18)... finished third in the 800m at the Florida Intercollegiate with a time of

2:11.13... ran 2:14 at the ACC Outdoors to place fifth... **Prep:** Raines track MVP her junior season... most outstanding runner during sophomore and senior seasons... All-Conference as a sophomore, junior, and senior in track and cross country...

**Personal:** major is undecided... born February 4, 1978.



## CASEY CUSTER

☆ **NCAA QUALIFIER** ☆ **SPRINTS**

Year: Senior

Hometown: Arlington, Texas

(James Martin HS)

Collegiate Bests: 100m (11.53), 200m (23.29)

Senior leader of FSU's sprint corps who ranks in the FSU all-time top ten in both the 100m and 200m... provisional qualifier for the NCAA Championships in the 100m and qualifier in the 200m last season... also runs on Lady Seminole 4x100m relay team... **1996:** recorded collegiate-best times in a third place finish in the 100m (11.53) and and a fourth place finish in the 200m (23.29) at the ACC Outdoors... placed second at the FSU Relays in the 200m with a time of 23.84... finished sixth in the finals of the ACC Indoor 55m (7.13)... **1995:** finished fourth at the Gator Indoor Relays in the 55m dash... recorded a second place finish in the 200m dash at the Bill Cosby Invitational... took home a first place finish in the 100m dash (11.93) and a second place finish in the 200m dash (24.05) at the FSU Relays... ran to a first place finish while clocking a season-best in the 100m dash at the Auburn Invitational with a time of 11.65... finished first at the FSU 4-way meet in the 200m with a time of 24.14... **1994:** recorded a season-best in both the 100m and the 200m at the Barnett Bank Invitational... finished fourth at the FSU relays in the 200m (25.21)... **Prep:** one of the nation's top sprinters as the Texas 100m record holder in 1992... state 5A and National Champion in the 200m in 1992... ranked third in the 100m and fourth in the 200m nationally as a junior... **Personal:** majoring in media performance... born November 11, 1974.

# 1997 Women's Bios



## CHRISTINE DANIELS

JUMPS

Year: Junior

Hometown: Orlando, FL  
(Winter Park HS)

Collegiate Bests: High Jump (5-8)

Returning ACC scorer who is top high jumper for the Lady Seminoles... excels both on the track and in the classroom... **1996:** jumped 5-6 at the ACC/SEC Challenge in a second place effort... finished seventh at the ACC Indoors (5-5.75)... placed fifth at the Florida Relays with a jump of 5-6... recorded a collegiate-best jump of 5-8 in a second place effort at the Florida Intercollegiate... finished eighth at the ACC Outdoors (5-5.75)... closed the season with a first place jump (5-7) at the Seminole Twilight... **Prep:** one of Orlando's top jumpers in 1993... Orange County Honor Roll for the high jump in 1994... two-time Burger King Track Award (1993 and 1994)... Winter Park's jumper of the year in 1994... **Personal:** an accounting major... born September 29, 1976.



## SOPHIA DANVERS

☆☆ ALL-AMERICAN ☆☆ SPRINTS

Year: Senior

Hometown: Miami, FL (Norland HS)

Collegiate Bests: 200m (24.78),  
400m(53.02)

Talented sprinter with greatest ability in the 400 meters... member of All-American 4x400m relay team that placed second at the NCAA Indoor and Outdoor Championships... qualified for the NCAA Outdoors in the 400m... ranks fifth on the FSU all-time 400m list... **1996:** ACC Indoor runner-up in the 400m with a time of 54.89 in the finals... member of ACC Indoor and Outdoor Championship 4x400m relay team... injured at FSU Relays in relay competition... third at the Florida Intercollegiate in the 400m (54.77)... took first place at the Seminole Twilight with a collegiate-best time of 53.02 in the 400m... recorded a third place time of 53.63 at the ACC Outdoors in the 400m... **1995:** scored at the ACC Outdoors with a fourth place finish in the 400m... recorded a second place finish in the 400m at the Auburn Invitational... finished third in the 400m at the Seminole Twilight with a time of 55.53... recorded best finish with a first place finish at the Seminole 4-Way meet in the 400m

(54.48)... **1994:** ran an NCAA qualifying mark of 54.27 in the 400m... finished fourth in the ACC Outdoor 400m (54.88)... seventh at the ACC Indoors in the 400m... **Prep:** All-Dade selection at Norland High School... district, regional and state champion in the 400m... also an honor roll student... **Personal:** a communications major... born April 17, 1975.



## YASHIVA EDWARDS

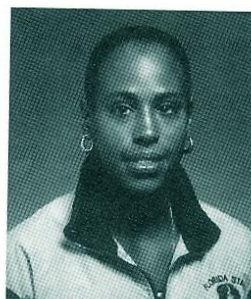
☆☆ ALL-AMERICAN ☆☆ SPRINTS

Year: Senior

Hometown: Lemoore, CA (Central Kitsap HS/Wash. St.)

Collegiate Bests: 200m(24.46),  
400m (53.37)

Senior who transferred from Washington State a year ago... anchor leg of the NCAA Indoor and Outdoor second place 4x400m relay team... set a Lady Cougar record with an indoor freshman 200m mark (24.6)... **1996:** finished third at the ACC/SEC Challenge in the 400m (55.23)... placed seventh at the ACC Indoors in the 200m with a time of 24.77... member of ACC Indoor and Outdoor Champion 4x400m relay team... finished fourth in the 400m at the ACC Outdoors (53.89)... recorded collegiate-best times in the 200m (23.46) and 400m (53.37) at the Seminole Twilight... **Prep:** excellent prep career at Central Kitsap with a state championship in 400m (55.8) in 1993... fourth place in the 200m and 400m at the National Scholastic Championships in 1993... **Personal:** a sociology major... recipient of the Author Ash Junior Sports Award... born on January 1, 1976.



## MARIA EMBON

☆☆ ALL-AMERICAN ☆☆

SPRINTS

Year: Senior

Hometown: Martinez, GA  
(Evans HS/Univ. of Florida)

Collegiate Bests: 200m (24.92),  
400m (53.91), 800m (2:15.50)



A transfer from Florida who saw her first action as a Lady Seminole in 1996... member of NCAA Indoor and Outdoor second place 4x400m relay team... top individual event is the 400m... qualified for the NCAA Championships for Florida in the 4X400m relay... **1996:** recorded an NCAA Indoor provisional mark in the 400m (55.50) at the ACC/SEC Challenge... placed fifth in the 400m at the ACC Indoors with a time of 56.31... finished second in the 400m at the Florida Intercollegiate (54.17) and recorded her collegiate-best time in the 200m (24.92)... placed fifth at the ACC Outdoors in the 400m with a collegiate-best time of 53.91... ACC Champion (Indoor and Outdoor) as a part of the 4x400m relay team... **Prep:** outstanding prep career in Georgia... All-State as a junior and senior... second fastest time in the state in the 400m as a senior... high school MVP as both a junior and a senior... **Personal:** majoring in social work... born on December 21, 1975.

## LAURA GOENS



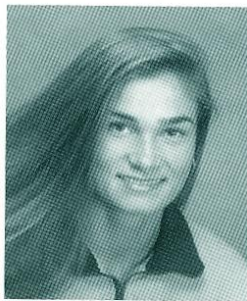
**THROWS**

*Year: Senior*

*Hometown: Deltona, FL  
(Deltona HS)*

*Collegiate Bests: Shot Put (37-2.25), Discus (143-5),  
Hammer (132-6)*

Senior who has scored in ACC competition... top events are the discus and the shot put... **1996:** finished ninth in the weight (40-7.50) at the ACC Indoors... placed seventh at the Florida Intercollegiate in the hammer (132-6)... scored in the hammer (sixth) and the discus (fifth) at the ACC Outdoors... threw a collegiate-best 143-5 in the discus to finish third at the Seminole Challenge... **1995:** placed third in the discus and eighth in the javelin at last year's ACC Championships... finished the season with seven top-five finishes... had her best meet of the year at the FSU 4-way meet with a third place finish in the javelin, along with a second place finish in the discus (139-0)... **1994:** threw a season-best 37-2.25 in the shot at the Spring Time Classic to finish third... placed fourth at the Gator Field Events in the discus (140-7)... finished fifth in the ACC in the discus... **Prep:** a throwing standout at Deltona High School... **Personal:** a physical education major... born September 17, 1975



## KRISTIN KUEHN

**HURDLES**

*Year: Senior*

*Hometown: Rochester, NY (Greece  
Athena HS)*

*Collegiate Bests: 100m hurdles  
(14.63), 400m hurdles (1:01.31)*

Senior member of a talented Lady Seminole hurdling team... possesses excellent technique and a strong work ethic... will compete primarily in the 100 and 400-meter hurdle events... **1996:** placed fifth in the 100m hurdles at the FSU Relays with a time of 14.92... finished eighth at the Florida Relays in the 400m hurdles (1:02.63)... **1995:** recorded a fifth place at the FSU Relays in the 400m hurdles (1:03.48)... also ran the 200m with a time of 26.43... **1994:** finished third in the ACC 400m hurdles with a collegiate-best time of 1:01.31... placed second in the 400m hurdles at the FSU Relays and the Spring Time Classic... ran a collegiate-best 14.63 in the 100m hurdles at the FSU Relays... **Prep:** All-American in the 400m hurdles... finished second in the state in the 100 and 400-meter hurdles as a senior... ranked fourth in the 400m hurdles in the nation as a senior at Greece Athena... **Personal:** an elementary education... born January 17, 1975.



## LEKEISHA MOSE

**THROWS**

*Year: Sophomore*

*Hometown: Richmond, VA  
(John F. Kennedy)*

*Collegiate Bests: Shot (46-6.75),  
Hammer (142-4)*

Talented thrower who made an immediate impact in the throws as a freshman... returning ACC scorer in the shot and hammer... **1996:** placed fifth at the ACC Indoors with a mark of 46-3.50 in the shot... took first place in the shot at the Snowbird Invitational (45-6)... finished second at the Florida Relays in the shot with a throw of 46-6.75... scored in the shot (eighth) and the hammer (fourth) at the ACC Outdoors... placed fourth in the hammer with a throw of 142-4 at the Seminole Challenge... **Prep:** 1995 Virginia State Champion in the shot put... received the Scholar/Athlete Award at Kennedy as a senior... **Personal:** majoring in management information systems... born July 6, 1977.

# 1997 Women's Bios



## PETENA MOULTRIE

☆ **NCAA QUALIFIER** ☆

HURDLES/JUMPS

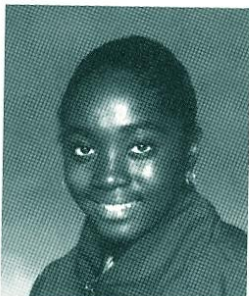
Year: Senior

Hometown: Jacksonville, FL

(Raines HS)

Collegiate Bests: 100m Hurdles (14.95), 55m Hurdles (8.30), Triple Jump (41-8.75), Long Jump (19-9.75)

Leader of the Lady Seminole jump team... can also compete in the hurdles... stands third on the FSU all-time triple jump list... **1996:** long jumped 19-1.25 in a second place finish at the Wildcat Classic... picked up sixth place points in the triple jump (39-2.50) at the ACC Indoors... recorded a first place finish in the long jump (19-4.25) at the FSU Relays... jumped a collegiate-best 41-8.75 in the triple jump at the Florida Relays (second)... placed seventh in the ACC Outdoor triple jump (40-8.75)... **1995:** placed sixth in the long jump and eighth in the triple jump in ACC Championship competition... recorded a pair of second place finishes at the FSU Relays in the triple jump (38-9.75) and the long jump (18-6.75)... placed first in both the long jump (18-9.5) and the triple jump (38-3.5) at the Seminole Twilight... **1994:** competed in four events during indoor season... long jumped a season-best 17-0 at the ACC Indoors... triple jumped 37-6.5 to finish third at the Gator Invitational... **1993:** finished 12th at the ACC Outdoors in the triple jump... did not compete during the indoor season... **Prep:** district champion in the triple jump and team captain as a senior at Raines HS...honor roll student... **Personal:** a sociology major... born on November 15, 1974.



## ZUZETTE MULLINGS

SPRINTS/JUMPS

Year: Freshman

Hometown: Ellicott City, MD

(Howard HS)

Redshirt freshman who will be called on in both the sprints and jumps... used redshirt year to adjust to collegiate competition and work on form... **1996:** Redshirted... **Prep:** standout high school career in Maryland... All-County in both indoor and outdoor seasons as a senior at Howard High School... **Personal:** majoring in accounting... born June 3, 1976.



## ANDREA PAPPAS

HEPTATHLON

Year: Freshman

Hometown: Snellville, GA

(Brookwood HS)

True Freshman who will compete primarily as a heptathlete... also very strong in the throws... will have the opportunity to contribute immediately... **Prep:** took first place in the shot put at the Junior Olympic Nationals... twice named Atlanta Track Club Performer of the Year in the field events... state champion in the shot and two-time state champ in the discus... **Personal:** undecided on major... born January 3, 1978.



## RIKKE RONHOLT

☆ **NCAA QUALIFIER** ☆ HURDLES

Year: Junior

Hometown: Denmark

(Allerød Gymnasium)

Collegiate Bests: 400m Hurdles (57.49), High Jump (5-6)

NCAA qualifier in the 400m hurdles... stands fifth on FSU's all-time 400m hurdles list... versatile athlete who can compete in several events... **1996:** recorded a mark of 5-5.25 in a second place finish in the high jump at the Clemson Invitational... placed ninth in the high jump at the ACC Outdoors at 5-5.75... finished second in the 400m hurdles (59.86) at the ACC Outdoors... qualified for the NCAAs with a time of 58.73 in the 400m hurdles at the Seminole Twilight... **1995:** an All-ACC performer in the 400m hurdles and the high jump... finished first in the 800m at the FSU Relays with a time of 2:13... captured first place at the FSU 4-way meet in the high jump with a collegiate-best leap of 5-6... placed second at the Jesse Owens Classic in the 400m hurdles with a time of 58.46... **Prep:** had an outstanding career in Denmark, competing in several different events... **Personal:** majoring in international affairs... born on January 1, 1976... father represented Ghana in two Olympics in the 200 and 400-meters.



## ERICA SHEPARD

☆☆ **ALL-AMERICAN** ☆☆ **SPRINTS**

*Year: Senior*

*Hometown: Detroit, MI*

*(Cass Technical HS)*

*Collegiate Bests: 800m (2:05.87)*

Senior who is the returning ACC Indoor and Outdoor 800m champion... a four-time All-American... stands second on the FSU all-time list in the 800m... **1996:** earned NCAA Indoor and Outdoor runner-up status as a member of the 4x400m relay team... placed seventh at the NCAA Indoors in the 800m... recorded an NCAA provisional mark in every 800m event of the outdoor season with three first place finishes... ran collegiate-best time of 2:05.87 at the Georgia Tech Invitational... **1995:** placed fifth in the 800m at the Auburn Invitational with a time of 2:15.22... took first place at the FSU 4-way meet in the 800m with a time of 2:12.35... placed ninth at the ACC Indoor Championships in the 400m with a time of 58.34... placed fifth at the ACC Outdoors in the 800m (2:12.67)... **1994:** 400m champion at the Spring Time Classic with a season-best 55.27... finished second in the 800m at Auburn after running 2:11.51... **Prep:** Michigan state 800m champion... All-American in the 400m as a senior... 1992 AAU national champion in the 400 and 800-meters... repeat champion in the 400m in 1993... **Personal:** majoring in psychology... born on January 7, 1976.



## NICOLE SINGLETON

☆ **NCAA QUALIFIER** ☆ **DISTANCE**

*Year: Junior*

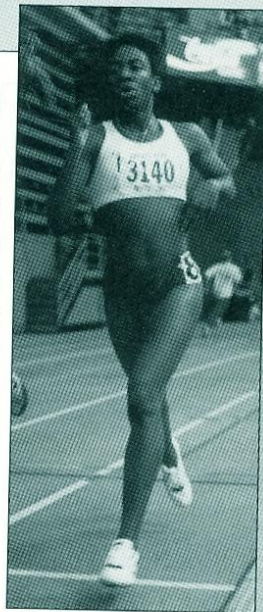
*Hometown: Orlando, FL*

*(Oak Ridge HS)*

*Collegiate Bests: 800m (2:08.59),  
1,500m (4:39.42), 3,000m  
(10:27.64)*

Junior who has shown consistent improvement during her FSU career... ability to run middle distance and distance events... also a top cross country runner... **1996:** finished 11th at the ACC Indoor 3K (10:55.69)... ran 4:29.42 to finish fourth in the 1,500m at the Florida Intercollegiate... placed fourth at the FSU Relays in the 3K with a time of 10:31.28... recorded a fourth place finish in the finals of the ACC Outdoor 800m (2:15)... ran an NCAA provisional qualifying time in the 800m with a time of 2:08.59 (third

at the Seminole Twilight... **1995:** competed in three indoor events... placed second at the Auburn Invitational in the 800m with a time of 2:12.56... finished fourth in the 800m (2:18) and second in the 1,500m (4:42) at the Seminole 4-way meet... **Prep:** state champion in the 800m at Oak Ridge... swam for two years in high school... **Personal:** majoring in interior design... born September 13, 1976.



## KRISTEN THORNE

☆ **NCAA QUALIFIER** ☆ **HURDLES**

*Year: Senior*

*Hometown: Washington, D.C.*

*(Bullis Prep)*

*Collegiate Bests: 55m Hurdles  
(7.99), 100m Hurdles (13.67),  
400m Hurdles (59.68)*

Senior hurdler who has scored in ACC competition... extremely talented with good technique... stands seventh in the 100m hurdles and ninth in the 400m hurdles on the Lady Seminole all-time list... **1996:** finished fifth at the ACC Indoors in the 55m hurdles with a time of 8.29... recorded a time of 1:00.58 in a third place finish at the Seminole Challenge 400m hurdles... placed third in both the 100m hurdles (13.67) and the 400m hurdles (1:00.51) at the ACC Outdoors... ran a collegiate-best in the 400m hurdles at the Seminole Twilight with a mark of 59.68... **1995:** scored at the ACC Outdoors with an eighth place in the 100m hurdles... placed third in the 55m hurdles at the Gator Indoor Relays... finished fifth at the Florida Relays in the 100m hurdles with a time of 14.48... recorded her best meet of the season at the Auburn Invitational with an eighth place in the 100m and a fourth in the 100m hurdles... **1994:** finished fourth at the ACC's in the 400m hurdles with a time of 1:01.43, sixth in the 100m hurdles (14.07)... finished third at the FSU Relays in the 100m hurdles with a time of 13.99... **Prep:** All-American in the hurdles four years straight... AAU national champion in the 100m hurdles... **Personal:** a food and nutrition major... born May 2, 1975.

# 1997 Women's NCAA Qualifying Marks

## INDOOR

| Event                    | AUTOMATIC |         | PROVISIONAL |         |
|--------------------------|-----------|---------|-------------|---------|
|                          | FAT       | MT      | FAT         | MT      |
| 55 Meters                | 6.84      | -       | 6.97        | -       |
| 60 Meters                | 7.37      | -       | 7.50        | -       |
| 55-Meter hurdles         | 7.70      | -       | 7.98        | -       |
| 60-Meter hurdles         | 8.35      | -       | 8.63        | -       |
| 200 Meters               |           |         |             |         |
| (Under 200m/220 yds)*    | 24.08     | -       | 24.60       | -       |
| (200m/220 yds)*          | 23.88     | -       | 24.40       | -       |
| (Over 200m/200 yds)*     | 23.68     | -       | 24.20       | -       |
| 400 Meters               |           |         |             |         |
| (Under 200m/220 yds)*    | 54.00     | 53.7    | 55.50       | 55.2    |
| (200m/220 yds)*          | 53.70     | 53.4    | 55.20       | 54.9    |
| (Over 200m/220 yds)*     | 53.40     | 53.1    | 54.90       | 54.6    |
| 800 Meters               |           |         |             |         |
| (200m/220 yds or less)*  | 2:07.50   | 2:07.2  | 2:10.80     | 2:10.5  |
| (Over 200m/220 yds)*     | 2:07.10   | 2:06.8  | 2:10.40     | 2:10.1  |
| Mile #                   |           |         |             |         |
| (200m/220 yds or less)*  | 4:44.00   | 4:43.7  | 4:51.00     | 4:50.7  |
| (Over 200m/220 yds)*     | 4:43.30   | 4:43.0  | 4:50.30     | 4:50.0  |
| 3,000 Meters #           |           |         |             |         |
| (220m/220 yds or less)*  | 9:26.00   | 9:25.7  | 9:47.00     | 9:46.7  |
| (Over 200m/220 yds)*     | 9:24.90   | 9:24.6  | 9:45.90     | 9:45.6  |
| 5,000 Meters #           |           |         |             |         |
| (200m/220 yds or less)*  | 16:20.00  | 16:19.7 | 16:58.00    | 16:57.7 |
| (Over 200m/220 yds)*     | 16:18.45  | 16:18.2 | 16:56.45    | 16:56.2 |
| 1,600-Meter Relay        |           |         |             |         |
| (Under 200m/220 yds)*    | 3:39.75   | 3:39.5  | 3:45.50     | 3:45.2  |
| (200m/220 yds)*          | 3:37.75   | 3:37.5  | 3:43.50     | 3:43.2  |
| (Over 200m/220 yds)*     | 3:35.75   | 3:35.5  | 3:41.50     | 3:41.2  |
| Mile Relay               |           |         |             |         |
| (Under 200m/220 yds)*    | 3:41.00   | 3:40.7  | 3:46.75     | 3:46.5  |
| (200m/220 yds)*          | 3:39.00   | 3:38.7  | 3:44.75     | 3:44.5  |
| (Over 200m/220 yds)*     | 3:37.00   | 3:36.7  | 3:42.75     | 3:42.5  |
| Distance Medley-Meters # |           |         |             |         |
| (200m/220 yds or less)*  | 11:22.00  | 11:21.7 | 11:42.00    | 11:41.7 |
| (Over 200m/220 yds)*     | 11:20.00  | 11:19.7 | 11:40.00    | 11:39.7 |
| Distance Medley-Yards #  |           |         |             |         |
| (200m/220 yds or less)*  | 11:26.50  | 11:26.2 | 11:45.50    | 11:45.2 |
| (Over 200m/220 yds)*     | 11:24.50  | 11:24.2 | 11:43.50    | 11:43.2 |

|                 | METRIC | METRIC |
|-----------------|--------|--------|
| High Jump       | 1.86   | 1.77   |
| Long Jump       | 6.34   | 6.05   |
| Triple Jump     | 12.95  | 12.35  |
| Shot Put        | 16.00  | 14.55  |
| 20-Pound Weight | 19.00  | 16.50  |

## OUTDOOR

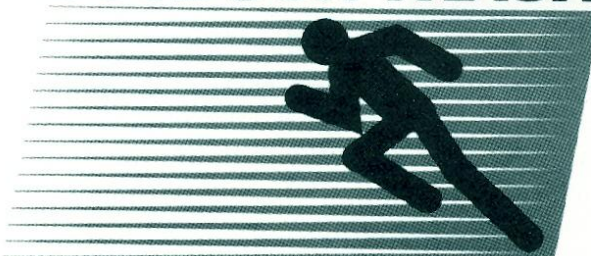
| Event             | AUTOMATIC |         | PROVISIONAL |         |
|-------------------|-----------|---------|-------------|---------|
|                   | FAT       | MT      | FAT         | MT      |
| 100 Meters        | 11.35     | -       | 11.60       | -       |
| 200 Meters        | 23.10     | -       | 23.70       | -       |
| 400 Meters        | 52.50     | 52.2    | 54.15       | 53.9    |
| 800 Meters        | 2:05.00   | 2:04.7  | 2:09.00     | 2:08.7  |
| 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.   |
| 3,000 Meters #    | 9:18.00   | 9:17.7  | 9:43.00     | 9:42.0  |
| 5,000 Meters #    | 16:16.00  | 16:15.7 | 17:00.00    | 16:59   |
| 10,000 Meters #   | 34:20.00  | 34:19.7 | 35:40.00    | 35:39.7 |
| 100-Meter Hurdles | 13.30     | -       | 13.75       | -       |
| 400-Meter Hurdles | 57.65     | 57.4    | 59.90       | 59.6    |
| 400-Meter Relay   | 44.38     | 44.1    | 45.30       | 45.0    |
| 440-Yard Relay    | 44.58     | 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  |

|             | METRIC       | METRIC       |
|-------------|--------------|--------------|
| High Jump   | 1.87         | 1.78         |
| Long Jump   | 6.50         | 6.20         |
| Triple Jump | 13.20        | 12.50        |
| Shot Put    | 16.05        | 14.55        |
| Discus      | 53.50        | 49.00        |
| Javelin     | 51.74        | 46.50        |
| Hammer      | 57.00        | 49.50        |
| Heptathlon  | 5,500 points | 5,075 points |

\* - Size of track

# - Altitude adjustment available

**1997 NCAA<sup>®</sup>**  
**MEN'S & WOMEN'S**  
**OUTDOOR TRACK**



**CHAMPIONSHIPS**  
**INDIANA UNIVERSITY**

# Women's Records

## 100 Meter Dash

|                        |       |      |                       |
|------------------------|-------|------|-----------------------|
| FSU Outdoor Record     | 11.20 | 1986 | Michelle Finn         |
| Mike Long Track Record | 11.27 | 1984 | Randy Givens, FSU     |
| ACC Outdoor Record     | 11.36 | 1987 | Sonja Fridy, Virginia |
| Collegiate Record      | 10.78 | 1989 | Dawn Sowell, LSU      |

## 200 Meter Dash

|                        |       |      |                        |
|------------------------|-------|------|------------------------|
| FSU Outdoor Record     | 22.31 | 1983 | Randy Givens           |
| Mike Long Track Record | 23.08 | 1986 | Pauline Davis, Alabama |
| ACC Outdoor Record     | 23.03 | 1992 | Kim Graham, Clemson    |
| Collegiate Record      | 22.04 | 1989 | Dawn Sowell, LSU       |

## 400 Meter Dash

|                        |       |      |                            |
|------------------------|-------|------|----------------------------|
| FSU Outdoor Record     | 49.91 | 1984 | Marita Payne               |
| Mike Long Track Record | 52.37 | 1987 | Janet Davis, FSU           |
| ACC Outdoor Record     | 51.35 | 1992 | Nelrae Pasha, Georgia Tech |
| Collegiate Record      | 49.91 | 1984 | Marita Payne-Wiggins, FSU  |

## 800 Meter Run

|                        |         |      |                                 |
|------------------------|---------|------|---------------------------------|
| FSU Outdoor Record     | 2:04.6  | 1982 | Ovrill Dwyer-Brown              |
| Mike Long Track Record | 2:03.8  | 1986 | Linda Detiefsen, Athletics West |
| ACC Outdoor Record     | 2:02.07 | 1983 | Tina Krebs, Clemson             |
| Collegiate Record      | 1:58.33 | 1985 | Claudette Groenendaal, Oregon   |

## 1500 Meter Run

|                        |         |      |                            |
|------------------------|---------|------|----------------------------|
| FSU Outdoor Record     | 4:18.56 | 1985 | Nancy Rettie               |
| Mike Long Track Record | 4:16.42 | 1988 | Evelyn Adiru, Alabama      |
| ACC Outdoor Record     | 4:13.42 | 1988 | Rosalind Taylor, Maryland  |
| Collegiate Record      | 4:05.81 | 1991 | Sonia O'Sullivan Villanova |

## 3000 Meter Run

|                        |         |      |                            |
|------------------------|---------|------|----------------------------|
| FSU Outdoor Record     | 9:22.94 | 1984 | Margaret Coomber           |
| Mike Long Track Record | 8:47.73 | 1984 | Wendy Sly, Great Britain   |
| ACC Outdoor Record     | 8:59.79 | 1983 | Betty Jo Springs, NC State |
| Collegiate Record      | 8:27.35 | 1988 | Vicki Huber, Villanova     |

## 5000 Meter Run

|                        |          |      |                                  |
|------------------------|----------|------|----------------------------------|
| FSU Outdoor Record     | 16:39.4  | 1981 | Darien Andreu                    |
| Mike Long Track Record | 16:00.68 | 1986 | Patti Sue Plumer Puma, Puma T.C. |
| ACC Outdoor Record     | 15:33.43 | 1983 | Betty Jo Springs, N.C. State     |
| Collegiate Record      | 15:07.56 | 1985 | Kathy Easker, Wisconsin          |

## 10,000 Meter Run

|                        |          |      |                         |
|------------------------|----------|------|-------------------------|
| FSU Outdoor Record     | 34:32.75 | 1987 | Kerrie Yenchak          |
| Mike Long Track Record | 34:27.75 | 1987 | Kerrie Yenchak Edinboro |
| ACC Outdoor Record     | 32:36.20 | 1986 | Kathy Ormsby, NC. State |
| Collegiate Record      | 32:22.97 | 1992 | Carole Zajac, Villanova |

## 100 Meter Hurdles

|                        |       |      |                              |
|------------------------|-------|------|------------------------------|
| FSU Outdoor Record     | 13.06 | 1991 | Kim Batten                   |
| Mike Long Track Record | 12.92 | 1988 | Kim McKenzie, Mazda TC       |
| ACC Outdoor Record     | 13.38 | 1991 | Sharon Couch, North Carolina |
| Collegiate Record      | 12.61 | 1988 | Gail Devers, UCLA            |

## 400 Meter Hurdles

|                        |       |      |                           |
|------------------------|-------|------|---------------------------|
| FSU Outdoor Record     | 53.98 | 1991 | Kim Batten                |
| Mike Long Track Record | 54.37 | 1996 | Kim Batten, Reebok Racing |
| ACC Outdoor Record     | 56.86 | 1992 | Rebeca Russell, UNC       |
| Collegiate Record      | 53.41 | 1984 | Janeene Vickers, UCLA     |

## 4 X 100M Relay

|                        |       |      |                                        |
|------------------------|-------|------|----------------------------------------|
| FSU Outdoor Record     | 42.94 | 1983 | Wright, Payne, Cliette, Givens         |
| Mike Long Track Record | 43.9  | 1984 | Finn, Payne, Cliette, Givens, FSU      |
| ACC Outdoor Record     | 44.29 | 1992 | Johnson, Covington, Vendun, Lyons, FSU |
| Collegiate Record      | 42.50 | 1989 | Stanley, Sowell, Sheffield, Jones, LSU |

## 4 X 400M Relay

|                        |         |      |                                        |
|------------------------|---------|------|----------------------------------------|
| FSU Outdoor Record     | 3:28.46 | 1983 | Givens, Cliette, Wright, Payne         |
| Mike Long Track Record | 3:34.07 | 1987 | Levy, Thompson, Davis, Curry, FSU      |
| ACC Outdoor Record     | 3:32.17 | 1990 | Russell, Pollard, Putnam, Mackey, UNC  |
| Collegiate Record      | 3:27.53 | 1992 | Beasley, Freeman, Mitchell, Howard, UF |

## Long Jump

|                        |          |      |                       |
|------------------------|----------|------|-----------------------|
| FSU Outdoor Record     | 21-8 1/2 | 1990 | Sonya Blades          |
| Mike Long Track Record | 21-6 3/4 | 1986 | Esmeralda Garcia, FSU |
| ACC Outdoor Record     | 21-9 1/2 | 1990 | Dana Boone, Virginia  |
| Collegiate Record      | 23-9 1/2 | 1987 | Jackie Joyner, UCLA   |

## Triple Jump

|                        |           |      |                              |
|------------------------|-----------|------|------------------------------|
| FSU Outdoor Record     | 44-10 3/4 | 1986 | Esmeralda Garcia             |
| Mike Long Track Record | 43-6 3/4  | 1986 | Esmeralda Garcia, FSU        |
| ACC Outdoor Record     | 43-10 1/2 | 1987 | Kathy Harrison, Georgia Tech |
| Collegiate Record      | 46-0 3/4  | 1990 | Sheila Hudson, California    |

## High Jump

|                        |         |      |                                                 |
|------------------------|---------|------|-------------------------------------------------|
| FSU Outdoor Record     | 6-1 1/2 | 1983 | Wendy Markham, Holly Kelly,                     |
| Mike Long Track Record | 6-2     | 1992 | Tisha Waller, North Carolina                    |
| ACC Outdoor Record     | 6-0 1/2 | 1984 | Tisha Waller, NC, Bridgette Reid, Canada        |
| Collegiate Record      | 6-5 1/2 | 1987 | Lisa Bernhagen, Stanford, Tanya Hughes, Arizona |

## Shot Put

|                        |          |      |                         |
|------------------------|----------|------|-------------------------|
| FSU Outdoor Record     | 48-0 1/2 | 1994 | Shannon Cook            |
| Mike Long Track Record | 49-2     | 1988 | Colleen Rosenteel, UF   |
| ACC Outdoor Record     | 55-9     | 1983 | Marita Walton, Maryland |
| Collegiate Record      | 62-3 3/4 | 1983 | Meg Ritchie, Arizona    |

## Discus

|                        |       |      |                              |
|------------------------|-------|------|------------------------------|
| FSU Outdoor Record     | 153-6 | 1995 | Cathy Erickson               |
| Mike Long Track Record | 189-3 | 1986 | Kathy Landry, Alabama        |
| ACC Outdoor Record     | 178-2 | 1992 | Lynda Lipson, North Carolina |
| Collegiate Record      | 221-5 | 1983 | Meg Ritchie, Arizona         |

## Javelin

|                        |        |      |                           |
|------------------------|--------|------|---------------------------|
| FSU Outdoor Record     | 174-10 | 1990 | Kari Keith                |
| Mike Long Track Record | 182-8  | 1985 | Susie Ray, UF             |
| ACC Outdoor Record     | 183-8  | 1989 | Julia Solo, Virginia      |
| Collegiate Record      | 211-5  | 1981 | Karin Smith, Cal Poly SLO |

## Heptathlon

|                        |       |      |                              |
|------------------------|-------|------|------------------------------|
| FSU Outdoor Record     | 5410, | 1991 | Carmelia Shivers             |
| Mike Long Track Record | 5402, | 1990 | Carmelia Shivers, FSU        |
| ACC Outdoor Record     | 5,578 | 1992 | Nicky Hudson, North Carolina |
| Collegiate Record      | 6,718 | 1985 | Jackie Joyner, UCLA          |

# Women's All-Time Top Performances

## 100 Meters

|                     |           |      |
|---------------------|-----------|------|
| 1. Michelle Finn    | 11.20     | 1986 |
| Randy Givens        | 11.06 (w) | 1984 |
| 2. Brenda Cliette   | 11.23     | 1983 |
| 3. Randy Givens     | 11.27     | 1984 |
| 4. Esmeralda Garcia | 11.32     | 1985 |
| 5. Andrea Thompson  | 11.35     | 1988 |
| 6. Patrice Verdun   | 11.40     | 1992 |
| 7. Sheryl Covington | 11.41     | 1991 |
| 8. Marita Payne     | 11.43     | 1983 |
| 9. Janet Davis      | 11.52     | 1985 |
| 10. Deletea Bradley | 11.53     | 1994 |
| Casey Custer        | 11.53     | 1996 |

## 200 Meters

|                     |       |      |
|---------------------|-------|------|
| 1. Randy Givens     | 22.31 | 1983 |
| 2. Marita Payne     | 22.62 | 1983 |
| 3. Michelle Finn    | 22.77 | 1986 |
| 4. Brenda Cliette   | 22.81 | 1984 |
| 5. Patrice Verdun   | 23.24 | 1992 |
| 6. Casey Custer     | 23.29 | 1996 |
| 7. Janet Davis      | 23.36 | 1987 |
| 8. Sheryl Covington | 23.39 | 1993 |
| 9. Yashiva Edwards  | 23.46 | 1996 |
| 10. Andrea Thompson | 23.50 | 1988 |

## 400 Meters

|                     |       |      |
|---------------------|-------|------|
| 1. Marita Payne     | 49.91 | 1984 |
| 2. Sheryl Covington | 51.85 | 1994 |
| 3. Brenda Cliette   | 51.92 | 1984 |
| 4. Janet Davis      | 52.37 | 1987 |
| 5. Kim Batten       | 52.53 | 1991 |
| 6. Angela Wright    | 52.61 | 1982 |
| 7. Randy Givens     | 52.80 | 1984 |
| 8. Sophia Danvers   | 53.02 | 1996 |
| 9. Yashiva Edwards  | 53.37 | 1996 |
| 10. Janet Levy      | 53.47 | 1985 |

## 800 Meters

|                       |         |      |
|-----------------------|---------|------|
| 1. Orvill Dwyer-Brown | 2:04.90 | 1982 |
| 2. Erica Shepard      | 2:05.87 | 1996 |
| 3. Scooby Golden      | 2:06.60 | 1983 |
| Angela Harris         | 2:06.60 | 1992 |
| 5. Nancy Rettie       | 2:07.04 | 1985 |
| 6. Janet Wood         | 2:07.20 | 1981 |
| Kelley Hackler        | 2:07.20 | 1985 |
| 8. Rose Giampalmo     | 2:07.96 | 1978 |
| 9. Samantha Green     | 2:08.00 | 1985 |
| 10. Nicole Singleton  | 2:08.59 | 1996 |

## 1,500 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      | 4:23.26 | 1990 |
| 5. Jennie Messinese | 4:23.50 | 1986 |
| 6. Kirsten Birmelin | 4:28.82 | 1996 |
| 7. Brenda Moore     | 4:31.82 | 1985 |
| 8. Tracy Pepoon     | 4:33.55 | 1993 |
| 9. Kerstin Hoffman  | 4:33.62 | 1995 |
| 10. Angela Harris   | 4:34.39 | 1991 |

## 3,000 Meters

|                     |         |      |
|---------------------|---------|------|
| 1. Margaret Coomber | 9:22.94 | 1984 |
| 2. Carla Borovicka  | 9:34.15 | 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. Kirsten Birmelin | 9:44.55 | 1996 |
| 8. Janet Bassford   | 9:46.00 | 1982 |
| 9. Kerstin Hoffman  | 9:49.20 | 1995 |
| 10. Colleen Curren  | 9:51.43 | 1983 |

## 5,000 Meters

|                     |          |      |
|---------------------|----------|------|
| 1. Darien Andreu    | 16:39.4  | 1981 |
| 2. Janie Regis      | 16:43.5  | 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   | 34:27.75 | 1987 |
| 2. Darien Andreu    | 34:42.74 | 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. Tonja Brown       | 13.42 | 1982 |
| 3. Mary Hawkins      | 13.44 | 1988 |
| Andrea Thompson      | 13.44 | 1988 |
| 5. Carolyn Faison    | 13.60 | 1982 |
| 6. Kristen Thorne    | 13.61 | 1996 |
| 7. Carmellia Shivers | 13.62 | 1991 |
| 8. Peggy Armand      | 13.66 | 1994 |
| 9. Joann Brown       | 13.71 | 1984 |
| 10. Ann Girvan       | 13.77 | 1986 |

## 400 Meter Intermediate Hurdles

|                       |       |      |
|-----------------------|-------|------|
| 1. Kim Batten         | 53.98 | 1991 |
| 2. Tonja Brown        | 56.46 | 1982 |
| 3. Angela Wright      | 56.74 | 1983 |
| 4. Orvill Dwyer-Brown | 56.94 | 1983 |
| 5. Rikke Ronholt      | 57.49 | 1995 |
| 6. Radhiya Teagle     | 57.72 | 1995 |

|                      |       |      |
|----------------------|-------|------|
| 7. Carmellia Shivers | 58.55 | 1991 |
| 8. Chris McKay       | 58.86 | 1985 |
| 9. Kim Stephens      | 58.98 | 1992 |
| 10. Almetha Roland   | 59.39 | 1981 |

## Long Jump

|                       |            |      |      |
|-----------------------|------------|------|------|
| 1. Sonya Blades       | 21'8 1/2"  | 6.61 | 1990 |
| 2. Esmeralda Garcia   | 21'7 1/2"  | 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      | 20'1 1/2"  | 6.15 | 1986 |
| 7. Felicia Evans      | 19'11 1/2" | 6.08 | 1993 |
| 8. Petena Moultrie    | 19'9 3/4"  | 6.04 | 1995 |
| 9. Scoobie Golden     | 19'9 1/2"  | 6.03 | 1979 |
| 10. Carolyn Hightower | 19'2 1/2"  | 5.85 | 1988 |

## Triple Jump

|                     |            |       |      |
|---------------------|------------|-------|------|
| 1. Esmeralda Garcia | 44'10 3/4" | 13.68 | 1986 |
| 2. Kim Batten       | 42'6"      | 12.95 | 1991 |
| 3. Petena Moultrie  | 41'8 3/4"  | 12.72 | 1996 |
| 4. Janet Levy       | 40'8 1/4"  | 12.40 | 1987 |
| 5. Felicia Evans    | 40'3 1/4"  | 12.27 | 1994 |
| 6. Peggy Armand     | 38'9 1/2"  | 11.77 | 1995 |

## High Jump

|                      |          |      |      |
|----------------------|----------|------|------|
| 1. Wendy Markham     | 6'1 3/4" | 1.86 | 1993 |
| 2. Holly Kelly       | 6'1 1/4" | 1.86 | 1989 |
| 3. Indianne Henry    | 6'0 1/2" | 1.84 | 1993 |
| 4. Carmellia Shivers | 5'9"     | 1.75 | 1990 |
| 5. Christine Daniels | 5'8"     | 1.73 | 1996 |
| Latashia Crews       | 5'8"     | 1.73 | 1985 |
| 7. Peggy Armand      | 5'7"     | 1.70 | 1992 |
| 8. Rikke Ronholt     | 5'6"     | 1.68 | 1995 |

## Shot Put

|                     |            |       |      |
|---------------------|------------|-------|------|
| 1. Shannon Cook     | 49'5 1/2"  | 15.07 | 1996 |
| 2. Cathy Erickson   | 47'7 1/4"  | 14.51 | 1996 |
| 3. Vicki Smith      | 46'7 1/2"  | 14.21 | 1977 |
| 4. Lakeisha Mose    | 46'6 3/4"  | 14.20 | 1996 |
| 5. Donna Williams   | 46'3"      | 14.09 | 1984 |
| 6. Eleanor Majors   | 45'8"      | 13.9  | 1982 |
| 7. Tonya Grannemann | 42'3"      | 12.88 | 1992 |
| 8. Carolyn Darvire  | 41'10 1/2" | 12.76 | 1983 |
| 9. Latoshia Crews   | 39'2 1/2"  | 11.95 | 1986 |
| 10. Laura Goens     | 37'2 1/4"  | 11.33 | 1994 |

**Discus**

|                     |        |       |      |
|---------------------|--------|-------|------|
| 1. Cathy Erickson   | 153'6" | 46.79 | 1995 |
| 2. Tonya Granneman  | 150'5" | 45.86 | 1990 |
| 3. Shannon Cook     | 149'7" | 45.59 | 1996 |
| 4. Donna Williams   | 148'7" | 45.57 | 1984 |
| 5. Rena Antanelis   | 145'2" | 44.26 | 1990 |
| 6. Laura Goens      | 143'5" | 43.71 | 1996 |
| 7. Kim Travers      | 140'   | 42.68 | 1976 |
| 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 |

**Hammer**

|                  |        |       |      |
|------------------|--------|-------|------|
| 1. Shannon Cook  | 151'4" | 46.13 | 1996 |
| 2. Lakeisha Mose | 142'4" | 43.38 | 1996 |
| 3. Laura Goens   | 132'6" | 41.61 | 1996 |

**Heptathlon**

|                      |      |      |
|----------------------|------|------|
| 1. Carmellia Shivers | 5410 | 1991 |
| 2. Kim Stephens      | 5251 | 1991 |
| 3. Kim Mann          | 5143 | 1990 |
| 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      | 43.54 | 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. Horton, Thompson, Davis, Curry    | 44.13 | 1988 |
| 8. Johnson, Covington, Verdun, Lyons | 44.27 | 1992 |
| 9. Batten, Horton, Verdun, Johnson   | 44.30 | 1990 |
| 10. Garcia, Payne, Bennett, Givens   | 44.35 | 1981 |

**4x400 Relay**

|                                        |         |      |
|----------------------------------------|---------|------|
| 1. Davis, Cliette, Givens, Payne       | 3:27.72 | 1984 |
| 2. Givens, Cliette, Wright, Payne      | 3:28.46 | 1983 |
| 3. Wright, Dwyer-Brown, Golden, Payne  | 3:28.70 | 1982 |
| 4. Wright, Dwyer-Brown, Givens, Payne  | 3:28.93 | 1984 |
| 5. Danvers, Embon, Shepard, Edwards    | 3:31.18 | 1996 |
| 6. Danvers, Teagle, Shepard, Covington | 3:33.44 | 1994 |
| 7. Levy, Thompson, Davis, Curry        | 3:34.07 | 1987 |
| 8. Wright, Golden, Wood, Payne         | 3:34.80 | 1981 |
| 9. Levy, Finn, Samuels, Davis          | 3:34.98 | 1986 |
| 10. Cliette, Givens, Levy, Payne       | 3:36.14 | 1984 |
| 10. Shivers, Lyons, Covington, Batten  | 3:36.51 | 1991 |



FSU's 1992 Olympic Gold Medalist, Michelle Finn, holds the Lady Seminole record in the 100m dash.

# Women's 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 Tanya Brown-60 yd hurdles (7th); Orrill Dwyer-Brown-600 yards (5th); Margaret Coomer-1,000 yards (8th); Carolyn Faison -60 yd hurdles (6th); Randy Givens- 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 (2nd)
- 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)
- 1989 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); Trinetta Johnson- long jump (8th)
- 1996 Erica Shepard-800m (7th), Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard-4x400m (2nd)

## 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 (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- 400mIM 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- 400mIM 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 (8th); Brenda Cliette- 100 (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, Andre Thompson- 4X100 (1st)
- 1990 Kari Keith- Javelin (8th); Kim Batten- 100m (8th), 400m hurdles (2nd); Carmelia Shivers- heptathlon (9th); Patrice Verdun, Lida Horton, Trinetta Johnson, Kim Batten- 4X100 (4th)
- 1991 Holly Kelly- high jump (4th); Carmelia Shivers- heptathlon (10th); Kim Batten- 100m (4th), 400m hurdles (3rd); Andi Lyons, Sheryl Covington, Verdun, Kim Batten- 4X100 (6th)
- 1992 Trinetta Johnson- long jump (6th); Patrice Verdun- 200m (9th); Trinetta Johnson, Patrice Verdun, Andi Lyons, Sheryl Covington- 4X100 (7th)
- 1993 Trinetta Johnson- long jump (7th)
- 1994 Sheryl Covington- 400m (5th); Sheryl Covington, Sophia Danvers, Erica Shepard, Radhiy Teagle- 4X400m (8th)
- 1996 Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard- 4x400m (2nd)

## Individual NCAA Champions

|                   |                                                     |
|-------------------|-----------------------------------------------------|
| Tonya Brown-      | 1982- Outdoor 400m IH                               |
| Michelle Finn-    | 1985- Indoor 55m, 1985 Outdoor 100m                 |
| Esmeralda Garcia- | 1985- Indoor Triple Jump, 1985- Outdoor Triple Jump |
| Randy Givens-     | 1984- Outdoor 100m, 1984 Outdoor 200m               |
| Marita Payne-     | 1982- Outdoor 400m, 1984 Outdoor 400m               |

## 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 1600-Meter Relay, 3:28.46 Angela Wright, Marita Payne, Brenda Cliette, Randy Givens
- 1987 Outdoor 400-Meter Relay, 43.19 Janet Levey, Andrea Thompson, Janet Davis, Michelle Finn

## Lady Seminoles in the Olympics

- 1996 Atlanta,  
Kim Batten (USA) 400-meter intermediate hurdles (Silver Medal)
- 1992 Barcelona,  
Michelle Finn (United States) 400 Meter Relay (Gold Medal)
- 1988 Seoul,  
Marita Payne (Canada) 400 Meters
- 1984 Los Angeles,  
Marita Payne (Canada), 400 Meters (4th) 400 Meter Relay (2nd), 1600 Meter Relay (2nd)  
Randy Givens (United States) 200 Meters (6th)  
Esmeralda Garcia (Brazil) 100 Meters; Long Jump  
Brenda Cliette (United States) 400 Meter Relay (alternate)  
Angela Wright-Scott 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,<br>Brenda Cliette, Dwyer Brown           | 3:37.47    | 1984 |
| 3,200m       | Relay Nancy Rettie, Chris Mackey,<br>Kelley Hackler, Brenda Moore | 8:38.34    | 1984 |
| 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                                                      | 48'11"     | 1996 |
| 20lb. Weight | Lakeisha Mose                                                     | 44'11 1/2" | 1996 |

## ACC Women's Indoor

|              |                                                          |           |      |
|--------------|----------------------------------------------------------|-----------|------|
| 55m Dash     | Kendra Mackey, N. Carolina                               | 6.86      | 1991 |
| 55m Hurdles  | Sharon Couch, N. 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, N.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 | Florida State (Danvers, Embon,<br>Shepard, Edwards)      | 3:38.95   | 1996 |
| 3,200m Relay | North Carolina (Miller, Chambers,<br>Verrinder, Pollard) | 7:32.72   | 1987 |
| High Jump    | Natasha Alleyne, Georgia Tech                            | 6'21/4"   | 1992 |
| Long Jump    | Trinette Johnson, Florida State                          | 21'2"     | 1993 |
| Shot Put     | Kelly Bodiford, Virginia                                 | 51'41/4"  | 1991 |
| 20lb. Weight | Ann Crouse, Virginia                                     | 53'2 1/4" | 1996 |

## NCAA Women's Indoor

|              |                                 |            |      |
|--------------|---------------------------------|------------|------|
| 55m Dash     | Gwen Torrence, Georgia          | 6.56       | 1987 |
| 55m Hurdles  | Michelle Freeman, Florida       | 7.34       | 1992 |
| 200m Dash    | Merlene Ottey, Nebraska         | 22.79      | 1982 |
| 400m Dash    | Maicel Malone, Arizona State    | 51.05      | 1991 |
| 800m Run     | Amy Wickus, Wisconsin           | 2:01.65    | 1994 |
| Mile Run     | Vicki Huber, Villanova          | 4:28.31    | 1988 |
| 3,000m Run   | Pattie Sue Plummer, Stanford    | 8:53.54    | 1983 |
| 5,000m Run   | Sonia O'Sullivan, Villanova     | 15:17.28   | 1991 |
| High Jump    | Lisa Bernhagen, Stanford        | 6'5-1/2"   | 1987 |
| Long Jump    | Daphnie Saunders, Louisiana St. | 22'4-1/2"  | 1994 |
| Triple Jump  | Sheila Hudson, California       | 45'9"      | 1990 |
| Shot Put     | Dawn Ellerbe, South Carolina    | 68'11-1/4" | 1996 |
| 4x400m Relay | Texas                           | 3:32.01    | 1990 |
| 4x800m Relay | Villanova                       | 8:24.72    | 1987 |

## Seminole Indoor

|              |                                                                  |            |      |
|--------------|------------------------------------------------------------------|------------|------|
| 55m Dash     | Mike Roberson                                                    | 6.13       | 1979 |
| 55m Hurdles  | Arthur Blake                                                     | 7.05       | 1988 |
| 200m Dash    | Jonathan Carter                                                  | 21.09      | 1994 |
| 400m Dash    | Kevin Ansley                                                     | 46.73      | 1993 |
| 800m Run     | 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,<br>Vince Washington, Reggie Ross | 3:08.67    | 1984 |
| 3,200m Relay | Allen Williams, Billy Pennick,<br>Mark Bednarz, Jason Frank      | 7:29.00    | 1990 |
| Shot Put     | Mike Bell                                                        | 59'0"      | 1987 |
| Pole Vault   | Jeff Bray                                                        | 18'1/2"    | 1993 |
| High Jump    | Darrell Wills                                                    | 7'3 1/2"   | 1986 |
| Long Jump    | Billy Close                                                      | 25'6 1/4"  | 1987 |
| Triple Jump  | Kelsey Nash                                                      | 53'11 1/4" | 1994 |
| 35lb. Weight | William Shirk                                                    | 58'6"      | 1996 |

## ACC Men's Indoor

|              |                                                 |           |      |
|--------------|-------------------------------------------------|-----------|------|
| 55m Dash     | Michael Green, Clemson                          | 6.10      | 1993 |
| 55m Hurdles  | Larry Ryans, Clemson                            | 7.12      | 1992 |
|              | Duane Ross, Clemson                             | 7.12      | 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,<br>Adkins, Mills)  | 3:10.35   | 1993 |
| 3,200m Relay | Clemson (Soggs, Hines,<br>Whittman, Herrington) | 7:26.99   | 1989 |
| High Jump    | William Skinner, Maryland                       | 7'3 1/2"  | 1987 |
| Long Jump    | Allen Johnson, North Carolina                   | 26'8 1/2" | 1993 |
| Triple Jump  | Mike Patton, N.C. State                         | 54'4 1/2" | 1988 |
| Pole Vault   | Jeff Bray, Florida State                        | 18' 1/2"  | 1993 |
| Shot Put     | Mike Spiritoso, Clemson                         | 63'4"     | 1987 |
| 35lb. Weight | Sean Murray, North Carolina                     | 62'2 1/2" | 1991 |

## NCAA Men's Indoor

|             |                                 |            |      |
|-------------|---------------------------------|------------|------|
| 55m Dash    | Lee McRae, Pittsburgh           | 6.00       | 1986 |
| 55m Hurdles | Renaldo Nehemiah, Maryland      | 6.89       | 1979 |
| 200m Dash   | Obadele Thompson, UTEP          | 20:36      | 1996 |
| 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 1/4"   | 1989 |
| Long Jump   | Carl Lewis, Houston             | 27'10 1/4" | 1981 |
| Triple Jump | Charlie Simpkins, Baptist       | 57'5"      | 1981 |
| Pole Vault  | Lawrence Johnson, Tennessee     | 19'1-1/2"  | 1994 |
| Shot Put    | Terry Albritton, Stanford       | 70'6 1/2"  | 1977 |
| 4x400       | Oklahoma                        | 3:04.46    | 1996 |
| 4x800       | Clemson                         | 7:17.45    | 1989 |

# Florida State Academics

## Student Services and Academic Support

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.

Our philosophy is "to offer an academic support program integrated with the total university that will assist 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."

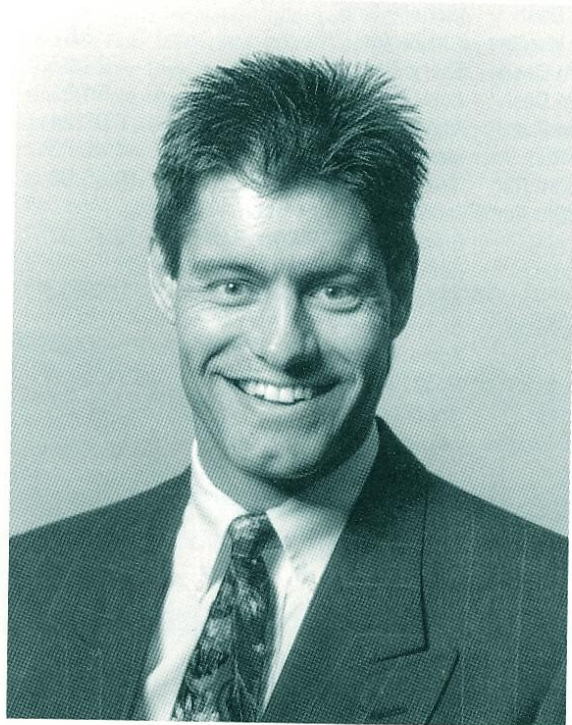
To accomplish this goal we have developed an academic environment which facilitates the academic success of student-athletes. Student success is encouraged through competent academic counseling, career exploration, planning and placement and academic assistance through tutorial programs.

Our program operates on a "proactive" rather than "reactive" approach. At Florida State, our academic staff does not wait for 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.

Our academic support staff includes a director, five counselors, and three graduate interns forming a group of professionals serving the needs of all our student-athletes.

In 1994, the academic programs moved to the state-of-the-art University Center and are located on the 6th floor of the \$126,000,000 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 individualized tutorial instruction sessions.

*-compiled by FSU Academic Support Staff*



*Mark Meleney  
Interim Academic Support Director*

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

### **SCHOOLS AND COLLEGES**

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

# 1996 Year In Review

The Florida State track team recorded impressive finishes during the regular season, as well as in conference and national meets in 1996. The regular season was highlighted by a team title at the Florida Intercollegiate meet, defeating state rivals Florida and Miami. The men's team placed fourth in both the ACC Indoor and Outdoor Championships, while the women finished third and second, respectively.

In Gainesville, the Lady Seminoles took first place at the Barnett Bank Florida Intercollegiate at Percy Beard Track. The FSU women placed first with 155 points, followed by Florida (132) and Miami (104). The Lady Seminoles took the "state championship" with first place finishes by Kirsten Birmelin (1,500m) and the 4x400m relay team of Rikke Ronholt, Maria Embon, Sophia Danvers and Erica Shepard.

The men completed the sweep the following day with a point total of 173, well ahead of Florida (125) and Miami (86.5). Senior Phillip Riley led the way with a first place finish in the 110-meter hurdles. Also contributing first place points were sprinters Warrick Dunn (100) and Jonathan Carter (200). Justin Johnston (javelin), Jody Lawrence (discus), Anthony Washington (triple jump) and Greg Jack (shot put) picked up first place points in the field events to help the Seminoles to an easy victory.

At the ACC Indoor Championships in Greensboro, NC, the Lady Seminoles brought home a third place finish. Erica Shepard won the ACC crown in the 800 meters and 4x400-meter relay team of Sophia Danvers, Maria Embon, Erica Shepard and Yashiva Edwards placed first as well.

The men managed a fourth place effort without the services of All-Americans Phillip Riley and Jonathan Carter, who had only outdoor eligibility remaining. Picking up key points were Tim Middelkoop (second in the 800), Warrick Dunn (third in the 100) and William Shirk (third in the weight throw).

The ACC Outdoor Championships brought an improvement for the FSU women. The team improved to second place with the same four performers taking a pair of ACC crowns. Casey Custer recorded career-best times in the 100 and 200, placing

third and fourth in the finals. Also contributing to the effort was Shannon Cook, who picked a first, second and third place finish in the throws.

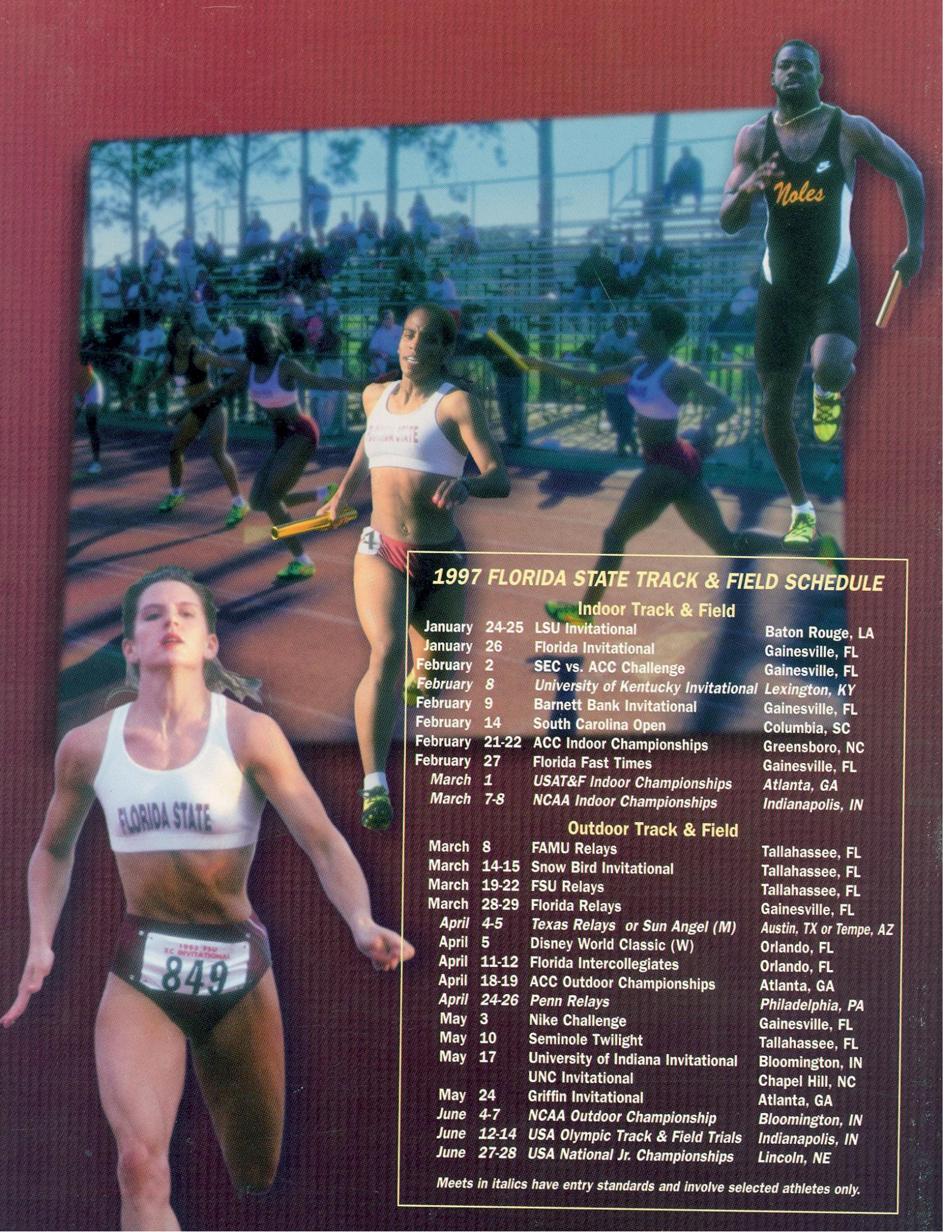
Phillip Riley was the lone ACC Champion on the men's side. Riley won the 110-meter hurdles and also added fifth place points in the 100-meter dash. Freshman Jody Lawrence recorded a career-best toss in the discus in a second place effort.

The 4x400-meter relay team placed second at the NCAA Indoor Championships in early March. The squad, competing in Indianapolis, were clocked at a time of 3:33.59 in the finals with LSU winning the championship in 3:32.53. Erica Shepard did double duty as she also competed in the 800-meters. Shepard earned All-America status with her seventh place finish in the event. The points helped the Lady Seminoles to a 20th place finish overall.

The women's 4x400-meter relay team continued to roll with as they finished second in the nation behind Texas at the NCAA Outdoor Championships in Eugene, Oregon. The team recorded their best time of the year (3:31.18) as Yashiva Edwards overtook Florida on the anchor leg to clinch national runner-up status again for the Lady Seminoles.

Senior Jonathan Carter led the way for the FSU men as he earned All-America honors in three events. Carter placed sixth in the finals of the 100-meter dash with a time of 10.33 seconds. The six-time All-American just missed qualifying for the finals of the 200 with a time of 20.91 in the semifinals. Carter also ran on the second leg of the sixth place 400-meter relay team. Only Walter McCoy (10) has earned the All-American distinction more times than Carter (6).

Phillip Riley finished fifth overall in the 110-meter hurdles. In the semifinals, Riley recorded a career-best time of 13.39 that placed him second on the FSU all-time list behind Arthur Blake. Justin Johnston placed fifth in the javelin after finishing sixth in 1995. The men's 4x100 team of Phillip Riley, Warrick Dunn, Jonathan Carter and Byron Capers took sixth place in helping the men to a 21st place in the team standings.



## 1997 FLORIDA STATE TRACK & FIELD SCHEDULE

### Indoor Track & Field

|          |       |                                            |                         |
|----------|-------|--------------------------------------------|-------------------------|
| January  | 24-25 | LSU Invitational                           | Baton Rouge, LA         |
| January  | 26    | Florida Invitational                       | Gainesville, FL         |
| February | 2     | SEC vs. ACC Challenge                      | Gainesville, FL         |
| February | 8     | <i>University of Kentucky Invitational</i> | <i>Lexington, KY</i>    |
| February | 9     | Barnett Bank Invitational                  | Gainesville, FL         |
| February | 14    | South Carolina Open                        | Columbia, SC            |
| February | 21-22 | ACC Indoor Championships                   | Greensboro, NC          |
| February | 27    | Florida Fast Times                         | Gainesville, FL         |
| March    | 1     | <i>USAT&amp;F Indoor Championships</i>     | <i>Atlanta, GA</i>      |
| March    | 7-8   | <i>NCAA Indoor Championships</i>           | <i>Indianapolis, IN</i> |

### Outdoor Track & Field

|       |       |                                             |                                |
|-------|-------|---------------------------------------------|--------------------------------|
| March | 8     | FAMU Relays                                 | Tallahassee, FL                |
| March | 14-15 | Snow Bird Invitational                      | Tallahassee, FL                |
| March | 19-22 | FSU Relays                                  | Tallahassee, FL                |
| March | 28-29 | Florida Relays                              | Gainesville, FL                |
| April | 4-5   | <i>Texas Relays or Sun Angel (M)</i>        | <i>Austin, TX or Tempe, AZ</i> |
| April | 5     | Disney World Classic (W)                    | Orlando, FL                    |
| April | 11-12 | Florida Intercollegiates                    | Orlando, FL                    |
| April | 18-19 | ACC Outdoor Championships                   | Atlanta, GA                    |
| April | 24-26 | <i>Penn Relays</i>                          | <i>Philadelphia, PA</i>        |
| May   | 3     | Nike Challenge                              | Gainesville, FL                |
| May   | 10    | Seminole Twilight                           | Tallahassee, FL                |
| May   | 17    | University of Indiana Invitational          | Bloomington, IN                |
|       |       | UNC Invitational                            | Chapel Hill, NC                |
| May   | 24    | Griffin Invitational                        | Atlanta, GA                    |
| June  | 4-7   | <i>NCAA Outdoor Championship</i>            | <i>Bloomington, IN</i>         |
| June  | 12-14 | <i>USA Olympic Track &amp; Field Trials</i> | <i>Indianapolis, IN</i>        |
| June  | 27-28 | <i>USA National Jr. Championships</i>       | <i>Lincoln, NE</i>             |

*Meets in italics have entry standards and involve selected athletes only.*