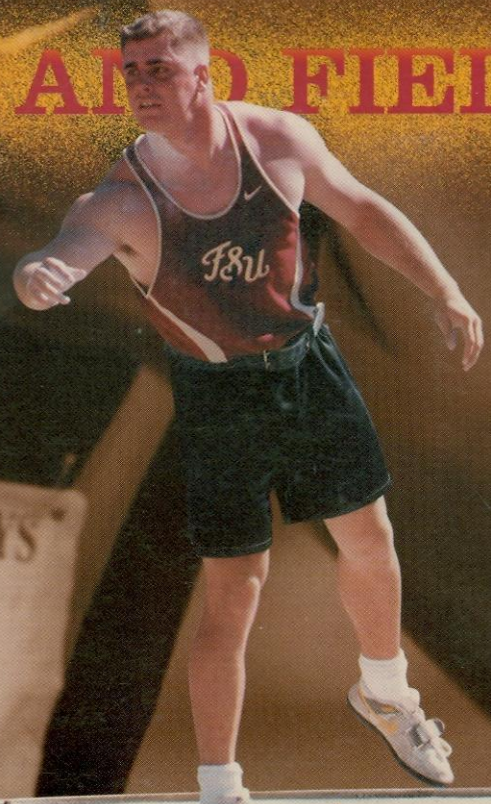




# FLORIDA STATE

1998 TRACK AND FIELD





## SEMINOLES

The Florida State men's track team used 1997 as a rebuilding year after losing several key athletes from a year ago. Young runners were asked to step in for six-time All-American sprinter Jonathan Carter and '95 NCAA 55-meter hurdle champion Phillip Riley. With an untested group in the sprints, the Seminoles counted on key points from the field events.

In the first meet of the indoor season some of the FSU men competed at the LSU Invitational while the remainder of the team went to Florida for the University Centre Hotel Invitational.

William Shirk (weight throw) and Danny Smith (800m) recorded second place finishes in Baton

Rouge. Closer to home, a pair of freshman had impressive FSU debuts in Gainesville. Darius Jones placed third in the pole vault (14-7.25) and fifth in the long jump (23-2.75) while Todd Marine was fifth in the triple jump (46-0.50) and sixth the long jump (22-10.50).

Junior thrower Greg Jack led the way at the Wildcat Classic in Lexington, KY. Jack took first place in the shot put with a throw of 53-3.50. Germaine Stringer was second in the 200m with a time of 21.48 and Anthony Bolton clocked in at 7.97 in the 60m hurdles, also good for second place. In another split squad weekend, William Shirk won the weight throw at the Barnett Bank Invitational.

At the ACC Indoor Championships, the men placed sixth in the team standings. Jack, All-ACC captured Florida State's first ever indoor shot put title with a throw of 56-3.75. Also adding points with fourth place finishes were Warrick Dunn in the 55m dash, William Shirk in the weight throw and Todd Marine in the triple jump.

The highlight of the men's outdoor season was a second consecutive team title at the Florida Intercollegiate Championships. FSU successfully defended their "state championship" with a close victory over Miami. Jasen Ritter (steeplechase), Chris

Osborn (high jump), Brad Hess (discus), William Shirk (weight throw) and Dore Louis (javelin) paved the way with first place finishes.

The squad improved their conference standing from the indoor season at the ACC Outdoor Championships in Atlanta, moving up two notches to fourth place. The Seminoles had four scorers in the javelin with Justin Johnston, Greg Jack, Gabe Arola and Dore Louis placing first, third, fourth and sixth, respectively.

Senior Justin Johnston was the lone competitor for the men's team at the NCAA Outdoor Championships in Bloomington, IN. Johnston attained All-America status for the third straight year in the javelin with an eighth place effort.

## LADY SEMINOLES

Behind the performances of a veteran cast of athletes, the FSU women's track and field team put together an outstanding season in 1997. The 4x400 relay team continued to run impressively as they collected their third and fourth All-American distinctions over the last two years.

Senior Shannon Cook began the indoor season with a pair of first place finishes in the throws at the LSU Invitational. Cook, who was awarded ACC Performer of the Week for her efforts, won the shot put and the weight throw in Baton Rouge. Also finishing first were Maria Embon in the 400m and Erica Shepard in the 800m.

Following the ACC/SEC Challenge, the FSU women traveled to Kentucky for the Wildcat Classic. In Lexington, three individuals and the 4x400 relay team recorded NCAA provisional marks. Cook and Yashiva Edwards finished first in the shot put and the 200m dash, respectively, while Sophia Danvers placed third in the 400m.

After a tune-up at the Carolina Indoor Open, the Lady Seminoles traveled to Greensboro, NC for the ACC Indoor Championships. The squad took second in the final point standings, their highest finish since joining the conference in 1992. Leading the way were All-ACC performers Shannon Cook in the shot put along with the duo of Shepard and Rikke Ronholt in the 800m. The women stood in first place after the first day of action, highlighted by Cook's defeat of two-time champion Nicole Sims (Clemson) in the shot put for the ACC title. On the final day, FSU held on to second place with Shepard taking first in the 800m and three scorers in the weight throw (Lakeisha Mose, Cook and Laura Goens).

The women's 4x400m relay team were fourth place finishers at the NCAA Indoor Championships in Indianapolis. The senior foursome of Danvers, Edwards, Embon and Shepard gave FSU a 28th place finish overall.

Ronholt got the outdoor season off to a fast start at the FSU Relays as she recorded two first place finishes and earned ACC Performer of the Week honors. Ronholt ran on the anchor leg of the NCAA automatic qualifying 4x400m relay team that edged LSU in an exciting finish while also winning the 400m hurdles in an NCAA provisional time.

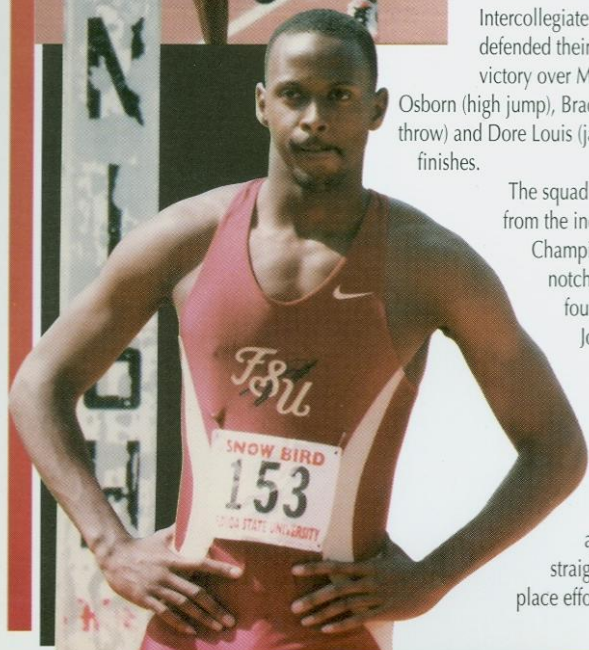
The women placed second at the Florida Intercollegiate, held at Disney's Wide World of Sports Complex for the first time in '97. Edwards, named ACC Performer of the Week, won the 200m and the 400m while Kristen Thorne (400m hurdles) and Christine Daniels (high jump) added first place points in Orlando.

At the ACC Outdoor Championships in Atlanta, the women's team again placed second in the team standings. Shepard won her fourth consecutive ACC 800m title, Sophia Danvers won the 400m and Cook took home top honors in the shot put to lead the Lady Seminoles. The 4x400m relay team of Danvers, Shepard, Marleena Crosby and Myriam Charles also finished first.

Both relay teams earned All-America status at the NCAA Outdoor Championships in Bloomington, IN. The 4x100m squad, which finished seventh, consisted of Edwards, Danvers, Casey Custer and Zuzette Mullings. The 4x400m relay team (Danvers, Edwards, Ronholt and Embon) were NCAA runners-up for the second straight year as the women tied for 25th place in the overall standings.



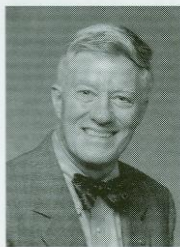
# 1997 YEAR IN REVIEW



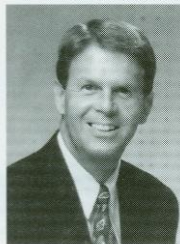


**FLORIDA STATE FACTS**

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 Dir. Phone \_\_\_\_\_ (850) 644-2526  
 Faculty Rep. \_\_\_\_\_ Charles Earhardt  
 Sports Info. Director \_\_\_\_\_ Rob Wilson  
 Track and Field SID \_\_\_\_\_ Jeff Purinton  
 Sports Info. Phone \_\_\_\_\_ (850) 644-1403  
 Sports Info. FAX \_\_\_\_\_ (850) 644-3820  
 SID Address \_\_\_\_\_ Moore Athletic Center  
 P.O. Drawer 2195  
 Tallahassee, FL 32316



SANDY D'ALEMBERTE  
PRESIDENT



DAVE HART  
ATHLETICS DIRECTOR

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**MEDIA INFORMATION****TRACK AND FIELD STAFF**

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 Track Secretary (Phone) \_\_\_\_\_ Gloria Jordan  
 (644-9594)  
 Assistant Coaches  
 Scott Irving \_\_\_\_\_ Middle and Long Distance  
 Andi Lyons \_\_\_\_\_ Sprints, Relays  
 Harlis Meaders \_\_\_\_\_ Throws  
 Dennis Nobles \_\_\_\_\_ Pole Vault, Javelin, High Jump  
 Jim Long \_\_\_\_\_ Hurdles

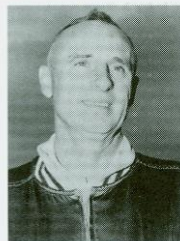
**NOTE TO THE MEDIA**

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 (850) 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.

**DEDICATION**

The 1998 Florida State Track & Field media guide is dedicated to the memory of Mike Long, FSU's first track coach and a member of its Athletics Hall of Fame. Long built the Seminoles into one of the nation's top programs during his 23-year career (1955-77) and Florida State's track complex is named in his honor.



MIKE LONG  
FSU TRACK COACH (1955-77)

**CREDITS**

Editor \_\_\_\_\_ Jeff Purinton  
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JEFF PURINTON





Florida State University, in its golden anniversary as a coeducational graduate research institution, 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 48 years as an institution of national and international esteem.

A senior member of the 10-member State

# THIS IS FLORIDA STATE



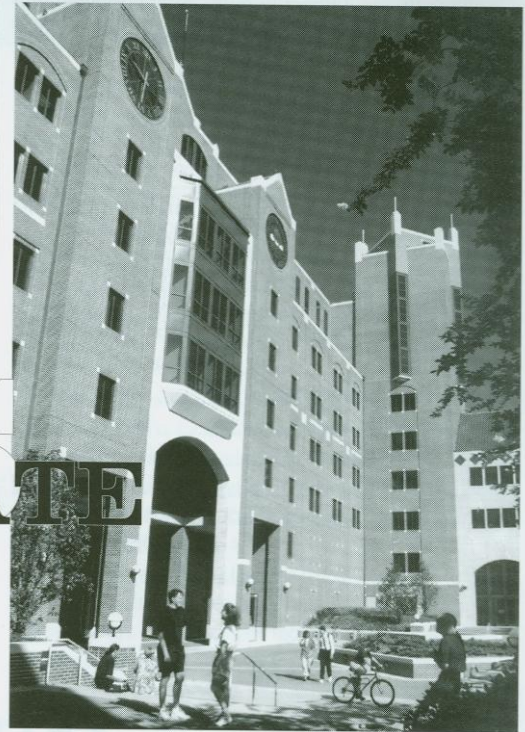
University System, FSU was founded as an institution of higher learning in 1852 and began in Tallahassee with its first students in 1857.

Florida State continues to progress and grow—from its pre-Civil War foundation as the Seminary West of the Suwanee, 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.

Today, Florida State's operating budget is \$442 million. Faculty and administrators generate more than \$95 million annually in external funding to supplement state-sponsored research. Three direct-support organizations serve to bolster the University: the FSU Foundation, which raises millions in private gifts to support academics, the Seminole Boosters and the FSU Alumni Association.

Florida State offers 275 graduate and undergraduate degree programs through its eight colleges—Arts & Sciences; Business; Communication; Education; Engineering (operating jointly with Florida A&M University); Human Sciences; Law; and Social Sciences (which also incorporates the school of Public Administration and Policy)—and eight schools—Criminology & Criminal Justice; Library & Information Studies; Motion Picture, Television & Recording Arts; Music; Nursing; Social Work; Theatre; and Visual Arts & Dance.

With 1,568 members, the FSU faculty currently includes five members of the National Academy of Sciences and eight members of the National Academy of Arts and Sciences, and



has included five Nobel Laureates. It is backed by 2,987 administrative, professional, and support staff.

Library holdings at Florida State include 2.06 million book titles, 18,498 serials, and 4.25 million microforms. The main library facility, the Robert M. Strozier Library, is linked via computerized information systems 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, and the Mildred and Claude Pepper Library houses the personal and professional papers of one of Florida's best known political couples.

Florida State ranks first in popularity nationwide among high school seniors, based on the number of students who request their Scholastic Aptitude Test (SAT) and American College Test (ACT) scores be sent to an institution. FSU was the only institution listed among the top ten choices of both black and white college bound students. Florida State is also tops in the state for community college transfers as FSU admits over 3,000 transfer students every fall semester.

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





## 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.

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

# ACADEMICS AT FLORIDA STATE

Our philosophy is "to offer and 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"

three graduate interns forming a group of professional 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

Below, left to right:  
Trudy Raybun, Kevin White,  
Mark Meleney (Director),  
Matt Schmauch, Amy White,  
Magdi El Shahawy,  
Jason Pappas

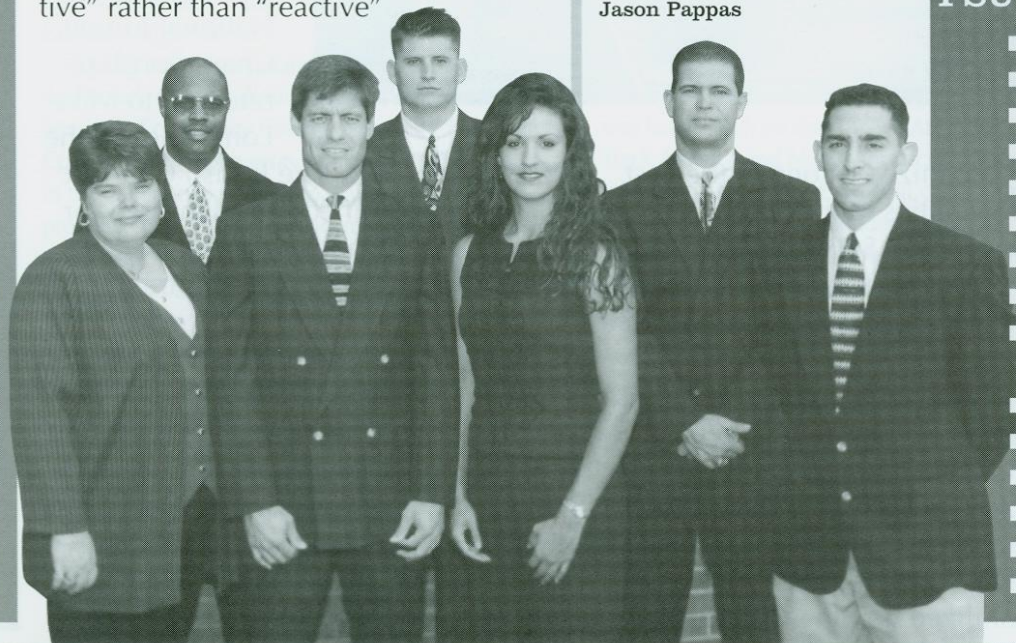


**MARK MELENEY**

Director  
Academic Support

## FSU's Schools and Colleges

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







Mike Long Track will serve as the home of the Florida State track and field team for the 43rd year with the start of the 1998 season. In its existence, the complex has grown and seen the Seminole track and field program rise to national prominence.

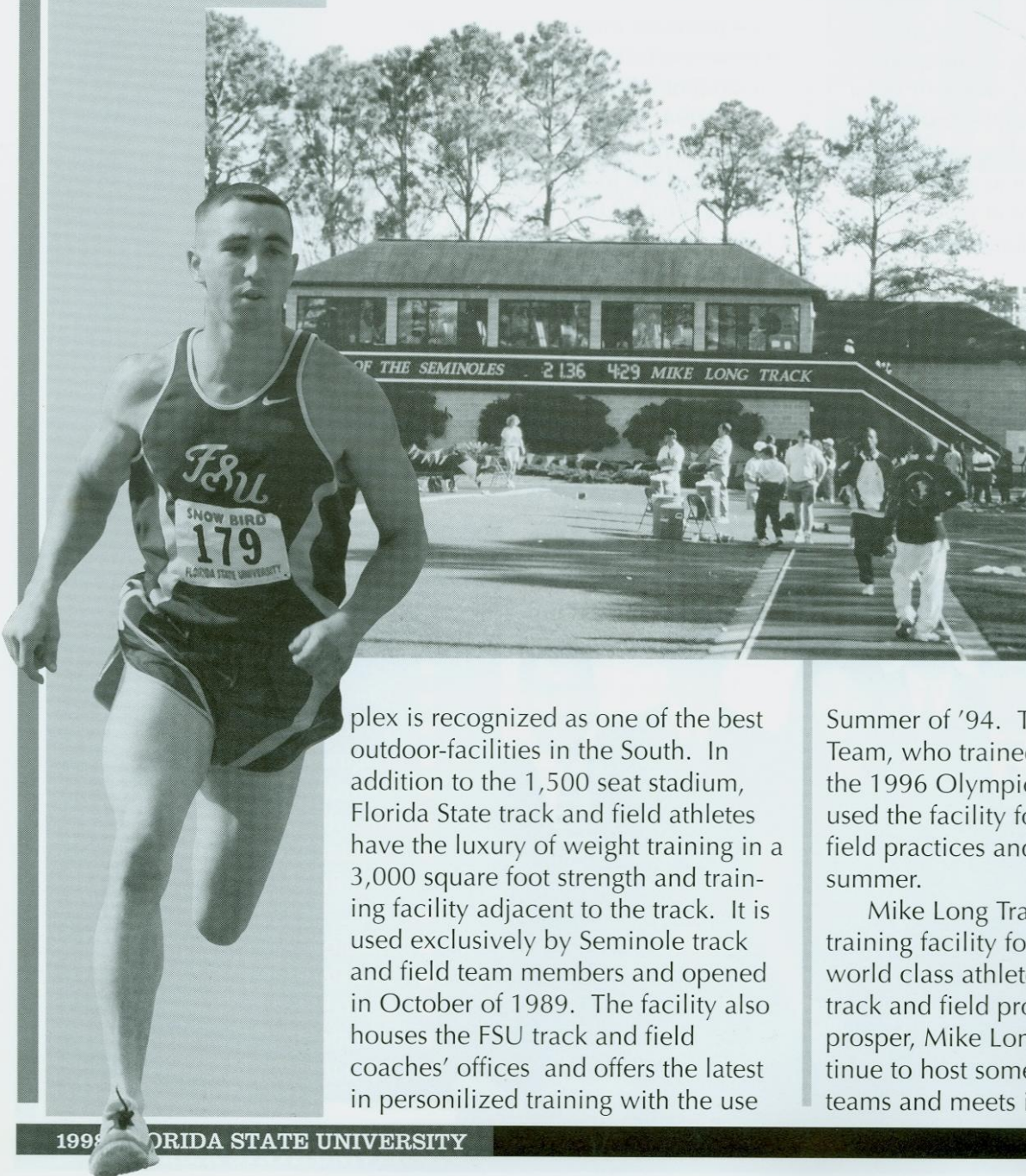
The Mike Long Track com-

plex is recognized as one of the best outdoor-facilities in the South. In addition to the 1,500 seat stadium, Florida State track and field athletes have the luxury of weight training 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. The facility also houses the FSU track and field coaches' offices and offers the latest in personalized training with the use

of video cameras and a 48-inch television that allows athletes to review their technique. Named after Florida State's first track and field head coach, the complex has attracted some of the top meets in the nation. Mike Long Track and the City of Tallahassee played host to the USA Track and Field

# TRAINING

## MIKE LONG TRACK



National Junior Championships in 1988 and the AAU National Championships in 1991.

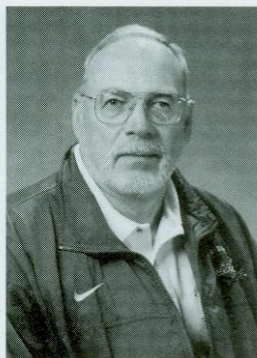
Florida State and Mike Long Track also hosted the Atlantic Coast Conference Outdoor Track and Field Championships in FSU's first year in the league, 1992. The USA Track and Field National Junior Championships returned to Mike Long Track in the

Summer of '94. The British Olympic Team, who trained in Tallahassee for the 1996 Olympic Games in Atlanta, 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. 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.



## TERRY LONG



Florida  
State '63

## HEAD COACH

**TERRY LONG** enters his 10th season as the head coach of the Florida State men's and women's track teams. Following in his father's footsteps, Long continues the tradition eighteen seasons after his father, Mike, retired as head coach at Florida State. Terry Long has been associated with the Seminole track program since he was 13 years old, when Mike Long began his head coaching legacy at FSU in 1953.

A few years later, Long formally joined the program as a student-athlete and lettered for the Tribe for four seasons. During his career as an FSU athlete, Long set new school records in all indoor and outdoor hurdle events as well as running on school record setting 440, 880 and sprint medley relays. 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 began his head coaching career at Leon High School in Tallahassee before moving on to Delray Beach Atlantic High School and then Lakeland High School.

Long built his reputation as one of the nation's finest track coaches during 16 years of coaching at Seminole Community College, Santa Fe Community College and the University of Florida. While serving in the community college coaching ranks, Long produced over 200 all-Americans and 56 national champions. His teams won 16 state track and cross country titles and he was named coach of the year three times. In 1982 and 1983, he guided the Santa Fe women's track team to back to back national championships. During his tenure at Seminole Community College, Long was inducted into the Florida Track Hall of Fame.

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 1985, Long rejoined Florida State as the

head women's track coach and coordinator of both the men's and women's track/cross country 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 programs, Long has continued a strong tradition of track success with 41 individuals earning all-American honors. His teams have set 10 new school records in men's track and 12 new school records in women's track. While in the Metro Conference,

Long's men's and women's teams never lost a conference track championship. Since joining the Atlantic Coast Conference, Long has coached the men's

team to the 1995 ACC Indoor title and has been named ACC Coach of the Year and NCAA District III Coach of the Year.

During his career, Long has coached numerous outstanding athletes. Notable among those athletes are Olympians Arthur Blake, World Champion and world record holder Kim Batten, two-time gold medalist Chandra Cheeseborough, Michelle Finn, Dennis Mitchell, Tom Reither, Esmerelda Garcia, Rey Robinson, and NCAA national champions Phillip Riley, Andrea Thompson, Janet Levy and Janet Davis.

Long is extremely active in track outside of Florida State and even the state of Florida. From 1978-85, he served as co-chairman of the USA Olympic Development Sprints Committee and was very active within the Olympic Development Elite Athlete Project. In 1984, he coached the USA men's team in the first World Indoor Games held in Paris, France and has led other USA teams in international competitions held in Japan and Israel. Additionally, Long has served as head coach and assistant coach of the South Team in the USA Olympic Festival and was head coach for the Athletic Attic, Bud Light Track America and Mazda Track club teams which won six USAT&F national championships.

In 1977, Long co-founded one of the nation's premier high school post-season championship team meets at the Golden South Track Classic in Orlando, Fla. He also served as its meet director from 1977-79 and was inducted into the Golden South Hall of Fame in 1985. In 1988 and 1994, Long brought the USA National Junior Track Championships to Florida State and he also served as the meet director for the National AAU Track Championships hosted in Tallahassee in 1992.

HEAD COACH  
TERRY LONG

Years at  
Florida State: 19

Years of  
Collegiate Coaching  
Experience: 29  
Florida State – Men's and  
Women's Head Coach  
(1989-present)

Florida State – Women's  
Head Coach (1985-88)

Florida – Men's Assistant  
Coach (1983-85)

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

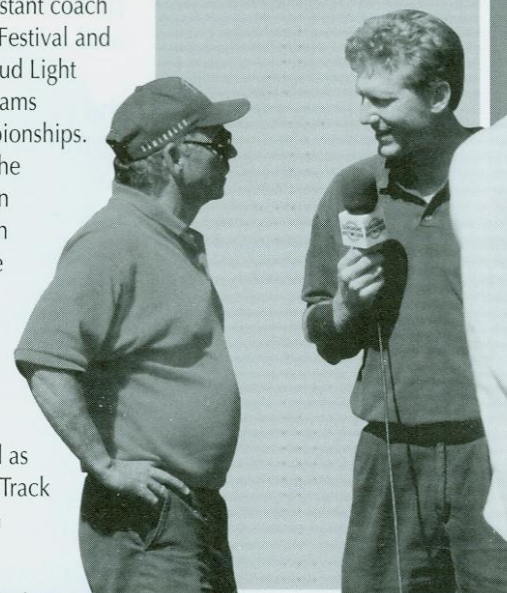
Seminole Community  
College – Head Coach  
(1970-82)

Florida State University –  
Graduate Assistant Track  
(1964-65)

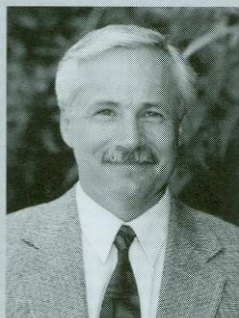
High School  
Coaching Experience  
Lakeland High School –  
Head Track and Cross  
Country (1968-70)

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

Leon High School – Head  
Swimming & Assistant  
Football (1965-66)







**SCOTT IRVING**  
**Middle and Long Distance Coach**  
 (Willamette '73)

**SCOTT IRVING** begins his fifth year at the helm of the Seminole distance program 1998. Irving is also the head coach of the FSU men's and women's cross country teams during the fall.

His collegiate coaching career

NCAA All-Americans, six national champions, numerous national team members and two Olympians, in a coaching career that spans more than two decades.

In 1996, the men's cross country team beat Florida for the first time in over a decade at Gainesville. Jasen Ritter, who became the first ACC Men's Cross Country Performer of the Week

that season, also excelled on the track as he recorded the ACC's best

# COACHING STAFF

## COACH IRVING

**Years at Florida State...5**

**Years of Collegiate Coaching Experience...22**

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:**

Willamette University – Distance (1970-73)

began in the heart of distance running country at the University of Oregon (1977-83). 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. 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 responsibilities as the recruiting coordinator 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 4 x 800m relay team ranked fourth by *Track and Field News* with a school record 7:19 set at the 1994 Penn Relays. The distance medley relay won the conference title and helped the team to a victory at the ACC Indoor meet. The 1996 ACC Outdoor Championship was 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

time in the steeplechase.

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. The FSU men's cross country team ranked sixth nationally for overall team grade point average and have won the Golden Torch Award (FSU's top team) the past two years. Following the 1997 season, both men's and women's teams earned NCAA All-Academic honors (the women's team with distinction). With a 3.27 GPA in 1996, the women's team led all ACC schools and the men were runners-up in the conference. Along with the academic success, the FSU cross country teams boasted their best recruiting classes during Irving's tenure this season.

Irving and his wife, Allyn, have been married for 25 years and have two sons, 11-year-old Shannon and Kevin, who is eight.





**HARLIS MEADERS**  
Throws Coach

(University of North Carolina '92)

**HARLIS MEADERS** enters his fourth season on the Florida State coaching staff as the throws coach. A high school All-American in 1988, Meaders 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 ACC Outdoor 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 at North Carolina.

Meaders came to Florida State by way of Western Carolina University, where he served as the 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

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. Meaders coached a pair of ACC Champions last year on both the men's and women's teams - Greg Jack (indoor shot put) and Shannon Cook (indoor & outdoor shot put). Under Meaders' guidance, FSU again hopes to have several throwers compete for conference honors.

**ANDI LYONS**  
Assistant Coach/Women's  
Coordinator, Sprints, Relays

Florida State '93

**ANDI LYONS** returned to her alma mater after four years at Mississippi State University in 1997. 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 coaches sprints and relays. She will also coordinate women's recruiting while also handling all compliance matters and academics. Lyons' first recruiting class was a successful one as she brought in several of the country's



**COACH MEADERS**

**Years at Florida State: 4**  
**Coaching Experience: 7**  
Florida State – Assistant Coach (1995-present)  
Western Carolina University – Assistant Coach (1992-94)

**Collegiate Track Experience:**  
University of North Carolina, shot put, weight throw, discus (1988-92)

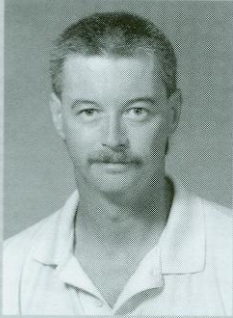


**COACH LYONS**

**Years at Florida State: 1**  
**Years of collegiate coaching experience: 6**  
Florida State – Assistant Coach (1996-present)  
Mississippi State – Assistant Coach (1992-96)

**Collegiate Track Experience:**  
Florida State – Sprints, Relays (1988-92)





### COACH NOBLES

#### Years at

**Florida State: 12**  
**Years of Collegiate**  
**Coaching**

#### Experience: 14

Florida State – Assistant  
 Coach (1985-present)  
 Wayland Baptist – Assistant  
 Coach (1984-85)

#### Collegiate Track

#### Experience:

Florida State – Pole Vault  
 (1979-81)

top high school sprinters and hurdlers.

At the '97 NCAA Outdoor Championships, Lyons coached the Lady Seminole 4x100 meter relay team that finished seventh in the nation and had several individuals qualify for the NCAA Championships. Lyons also trained FSU's senior football players and helped them prepare for the NFL draft. She is the lead instructor at both the Florida State Track & Field Camp for sprints and hurdles and Camp Celebration Walt Disney World for sprints and jump events during the summer. Lyons is a SAQ (speed, agility, quickness) clinician at the NCAA Women's Final Four earlier this year and has also spoken at several symposiums on the SAQ program. She was the lead instructor at the Louisiana Track & Field Coaches Association. In addition, Lyons has instructed certification classes for Level I Track & Field Coaches.

Lyons earned All-America honors as a part of the 4x100 meter relay team in 1991 and '92. 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 1993. More recently, the 27-year old Ohio native earned her master's degree in sports administration from Mississippi State in '96.

### DENNIS NOBLES

**Assistant Coach/Pole Vault,  
 Javelin, High Jump, Long Jump,  
 Triple Jump**

Florida State '82

Entering his 12th year with the Florida State track and field staff, **DENNIS NOBLES** is recognized as one of the top coaches in the country. Nobles graduated cum laude from Florida State's School of Physical Education while also starring on the FSU track team as a pole vaulter from 1979-81. He went on to obtain his master's degree from FSU in Exercise Physiology in 1983 and is currently an instructor with.

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. Last season, Justin Johnston earned All-America status in the javelin for the third straight year under Nobles' guidance. In recent years, Nobles has been invited to participate in the elite women's javelin clinic in Long Beach, California.





**JIM LONG****Assistant Coach/Hurdles**

Florida State '70

**JIM LONG** brings a lengthy track background to his 22nd 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 21 and Jarrett 18.

**KIM BATTEN****Volunteer Assistant Coach**

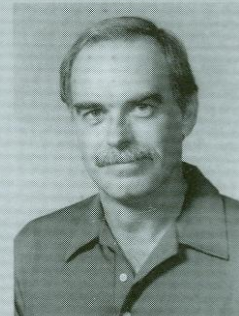
Florida State '91

During her four years at Florida State, **KIM BATTEN** established herself as one of the finest track athletes in school history. As she has done in the past, Batten will assist head coach Terry Long with the 1998 team while she continues her training in Tallahassee.

Batten starred in multiple events for the Lady Seminoles including the long jump, triple jump, and the 100, 200 and 400-meter dashes. The nine-time All-American's top events were the 100 and 400-meter hurdles and she advanced to the NCAA Championships in each of her four years. Batten was named the Metro Conference's Most Outstanding Female Athlete in each of FSU's last three years in the league.

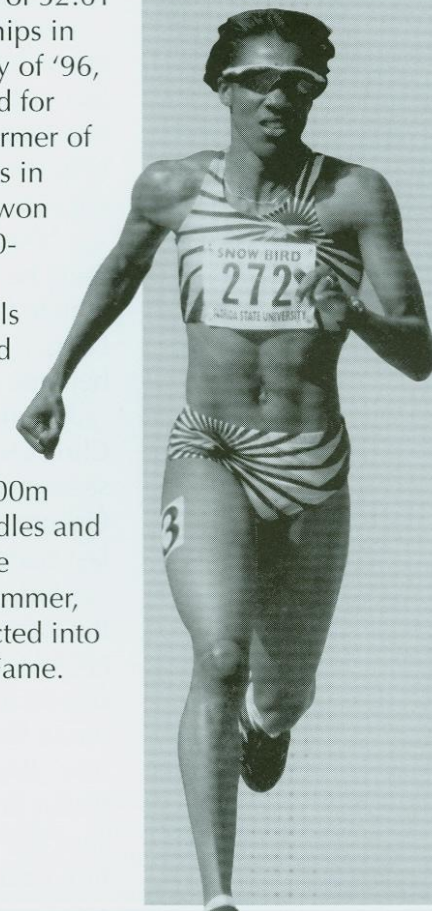
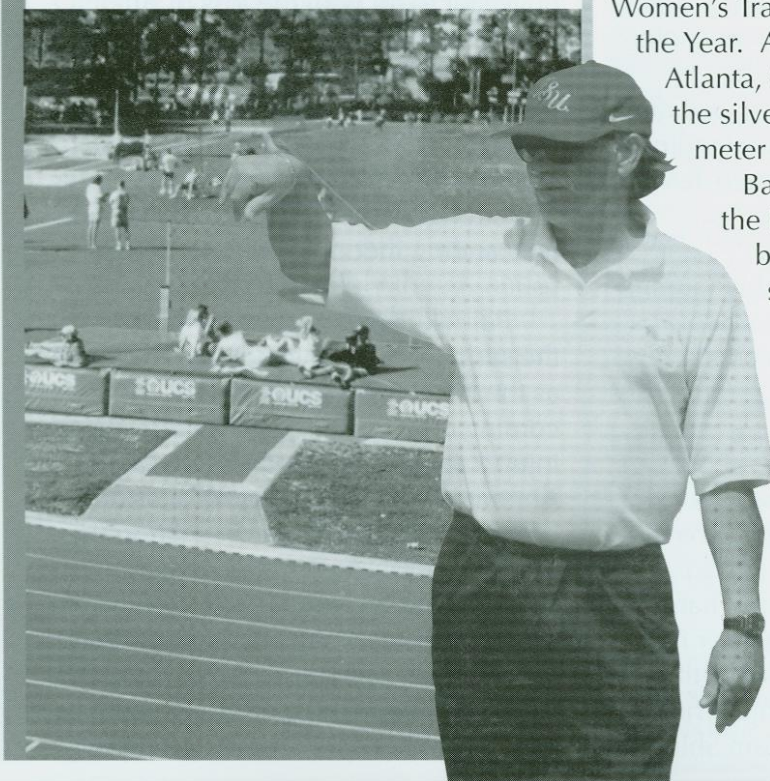
As a professional, Batten has recorded some of the greatest honors achievable on the world track and field circuit. She set the world record in the 400-meter hurdles with a mark of 52.61 at the 1995 World Championships in Goteburg, Sweden. In February of '96, Batten received the ESPY Award for Women's Track and Field Performer of the Year. At the '96 Olympics in Atlanta, the FSU graduate won the silver medal in the 400-meter hurdles.

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. This summer, Batten was inducted into the FSU Hall of Fame.

**COACH JIM LONG**

**Years at Florida State: 22**  
**Years of Collegiate Coaching Experience: 22**  
Florida State University – Assistant Coach (1975-present)

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







# MENT'S PREVIEW

The men's track and field team is comprised of several athletes who will play key roles in determining the success of the 1998 team. With the loss of two All-Americans, Warrick Dunn in the sprints and Justin Johnston in the javelin, it is time for some new faces to take over in those events.

In the field events, Darius Jones enters his sophomore year as one of the team's best in the pole vault, high jump and long jump. Jones' versatility will help the Seminole men pick up conference points in multiple events.

"Darius has really trained well and I think he is going to be an outstanding athlete for us," said head coach Terry Long. "Ultimately, He is going to become a quality decathlete."

Along with Jones in the high jump, Chris Osborn returns for his senior season with plenty of experience. Osborn took third at the ACC Outdoors last season in the event.

Jody Lawrence will lead the way in the throws as he aims to qualify for the NAAs in the discus after a redshirt season in '97. Lawrence will also throw the shot put, weight and hammer. Brad Hess is an ACC scorer in the discus and will be able to throw the shot this year after a wrist injury held him back last season. William Shirk is



another thrower with conference scoring experience and will compete primarily in the weight and hammer. Donald Heaven, a starting offensive guard on the football team, will throw the shot and discus after scoring at ACC Indoors as a freshman last year.

"There is a good likelihood we will redshirt Greg Jack (ACC Indoor shot put champion) this year," said Long. "He has a chance to do some things with the Canadian Olympic team during the indoor season so will probably bring him back next season."

The loss of three-time All-American Justin Johnston will be felt in the javelin, but the coaching staff is confident senior Dore Louis will be able to ease the loss.

"Dore was fifth in the conference a year ago in the javelin even though he pulled a hamstring earlier in the decathlon," said Long. "He will have to step up and fill the void for us."

Freshman Jason Dean, a Junior Olympic and state champion, starts his career in the pole vault for the Seminoles. Coaches expect Dean to make an immediate impact in the event.

In the sprints, the Seminoles have a huge slot to fill with the loss of All-American Warrick Dunn.

"I don't know how we are going to replace Warrick Dunn," said Long. "Everybody struggles when they lose one of their All-Americans, especially a real strong leader like Warrick. He was outstanding indoors and outdoors for us."

Patrick Hayes is the top returnee in the sprints and lead candidate to step in as the No. 1 sprinter for Dunn. He is coming off a redshirt year (hamstring injury) and is a former NCAA qualifier. Antonio Smith and Kenyun Langston both enter their sophomore year in the longer sprints. A pair of freshmen in Tavaris Spradley and Jayson Jones have shown signs of being able to contribute immediately in the sprints.

"It will be interesting to see what happens in the sprint areas," said Long.



"It is wide open and we will need some people to step it up. Travis Minor and Germaine Stringer will come over from football and they will be in the mix as well."

The hurdles are strong at the top with Anthony Bolton in the 110m and



Reggie Glover in the 400m. Both have proven they can handle high level competition and both are possible NCAA qualifiers as they enter their junior years. However, after Bolton and Glover, there is a significant drop-off.

Darius Jones and Dore Louis are available on a limited basis in the 110m hurdles as multi-event decathletes.

In the middle distances, Coach Long believes Danny Smith has a chance at a conference title and an NCAA qualifying mark in the 800m. Jeremiah Hunt, Nafthaly Kurgat and Wade Brett will give the Seminoles possible scoring behind Smith.

The 1500m group will be stronger with the cross country trio of David Ogletree, Michael Maier and Aaron Scheer.

"Maier and Ogletree are excellent steeplechasers and we will see them in that event as well," said Long. "Scheer ran No. 1 in cross country so he could help us in the 3K and the 5K."

Senior Joe Simolari will also run the steeplechase and possibly the 3K and 5K in his final year of eligibility. Brad Shriver should contribute in the longer distance events as well after a solid cross country season.

"I think this team has the opportunity to improve in the conference (sixth - indoor, fourth - outdoor) if our top athletes respond and we get some production from the newcomers," said Long. "We have several guys going for NCAA marks so hopefully that will push some of the younger guys to reach their potential."

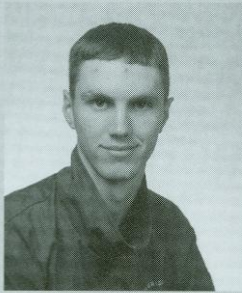
NAME	EVENT	CL	HOMETOWN
Bruno Avila	S	SO	Miami, FL
Jonas Amos	D	FR	Columbus, OH
Anthony Bolton	H	JR	Hollywood, FL
Wade Brett	MD	FR	Port Lavaca, TX
Matt Cangiolosi	D	FR	Casselberry, FL
Todd Crannell	PV	JR	W. Palm Beach, FL
Jason Dean	PV	FR	Clearwater, FL
Ron Dugans	J	JR	Tallahassee, FL
Davy Ford	S	FR	West Palm Beach, FL
Corey Frank	D	FR	Oviedo, FL
Jamie Fritz	MD	SR	Melbourne Beach, FL
Reginald Glover	H	JR	Orlando, FL
Patrick Hayes	S	JR	Bunke, LA
Donald Heaven	THR	SO	Carol City, FL
Spencer Hires	MD	JR	Lawrenceville, GA

# MEN'S 1998 ROSTER

Jeremiah Hunt	MD	JR	Lemore, CA
Greg Jack	THR	SR	Ottawa, Canada
Dexter Jackson	H	JR	Quincy, FL
Darius Jones	ME	SO	Tallahassee, FL
Jayson Jones	S	JR	Apo, Germany
Nafthaly Kurgat	D	JR	Kapsabet, Kenya
Kenyun Langston	S	SO	Hallandale, FL
Jody Lawrence	THR	JR	Titusville, FL
Dore Louis	ME	SR	Miami, FL
Michael Maier	D	JR	Genkingen, Germany
Jim McLeste	J	SR	Columbia, AL
Travis Minor	S	FR	Baton Rouge, LA
Marcus Odom	H	FR	Jacksonville, FL
David Ogletree	D	SR	Tallahassee, FL
Chris Osborn	J	SR	Lake Worth, FL
Ryan Owaski	H	FR	Hollywood, FL
Justin Palmer	D	FR	Bethesda, MD
Charlie Proux	PV	RO	Beverly Hills, FL
Calvin Randolph	S	SR	Hopskins, SC
Kelvin Randolph	S	SR	Hopskins, SC
Chris Richardson	PV	FR	Citrus Springs, FL
Dave Rivenbark	PV	SO	Tampa, FL
Oscar Robinson	J	JR	St. Petersburg, FL
Aaron Scheer	D	JR	Fremont, NE
William Shirk	T	SR	Sarasota, FL
Jacob Short	D	FR	Lewis Center, OH
Brad Shriver	D	SR	Harrisburg, PA
John Shy	THR	SO	Ft. Myers, FL
Joe Simolari	D	SR	Newport, RI
Antonio Smith	S	SO	Tallahassee, FL
Danny Smith	MD	JR	Orlando, FL
Tavaris Spradley	S	FR	Tallahassee, FL
Germaine Stringer	S	JR	Decatur, GA
Josh Ware	D	SO	Ft. Myers, FL
Peter Warrick	S	JR	Bradenton, 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**





WADE BRETT

### ANTHONY BOLTON Hurdles, Year: Sophomore

**Hometown:** Hollywood, FL (South Broward HS)  
**Collegiate Bests:** 55m (6.69), 100m (10.76), 200m (21.93), 55m hurdles (7.45), 60m hurdles (7.97), 110m hurdles (14.05), 400m hurdles (53.81)

Hurdler with ability to compete for conference honors...the best 100 hurdler on the squad...has shown flashes of excellence in first two years of

# MENT'S 1998 BIOS



JASON DEAN

action...**1997:** finished second at the Wildcat Classic in the 60m hurdles (7.97)...placed fifth at the ACC Indoors with a mark of 7.45 in the 55m hurdles...took second at the Snowbird Invitational 110m hurdles (14.18)...won the 110m hurdles (14.12) at the FSU Relays...clocked in at 14.05 in a second place finish at the Florida Relays...**1996:** took ninth in the 55m hurdles at the ACC/SEC Challenge with a time of 7.79...ran 7.73 in the ACC Indoor 55m hurdle prelims and placed eighth in the finals at 7.92...finished second at the Snowbird Invitational in the 110m hurdles (14.37) and eighth in the 400m hurdles (53.81)...clocked in at 14.49 in a fifth place 110m hurdle effort at the Florida Intercollegiate...added sixth place points at the ACC Outdoors in the 110m hurdles (14.15)...finished sixth in the 100m (10.78) and seventh in the 200m (21.93) at the Seminole Twilight...**Prep:** one of the top high school hurdlers in the state of Florida...**Personal:** a criminology major...born October 15, 1975.

### WADE BRETT Middle Distance, Year: Freshman

**Hometown:** Port Lavaca, TX (St. Joseph HS)

Great athlete who will give the Seminoles solid depth in the middle distances...will concentrate primarily on the 800m...**Prep:** won the 800m Texas state title (TAPPS) as a senior...a four-year basketball letterman...a second team all-state basketball player as a senior...also ran cross country...**Personal:** enrolled in FSU's undergraduate studies program...born March 26, 1979.

### JASON DEAN Pole Vault, Year: Freshman

**Hometown:** Clearwater, FL (Clearwater HS)

Freshman with excellent high school credentials...will battle for the role as FSU's top pole vaulter...**Prep:** an all-state and all-conference pole vaulter as a junior and senior...placed second at state as a junior and first as a senior in the pole vault...won the National Junior

Olympic pole vault title (Baton Rouge, LA)...set the Clearwater school record in the pole vault...football...carried a 3.2 GPA and earned the Gold Seal Scholarship...**Personal:** enrolled in FSU's undergraduate studies program...born June 1, 1979.

### REGGIE GLOVER Sprints/Hurdles, Year: Junior

**Hometown:** Sanford, FL (Oakridge HS)  
**Collegiate Bests:** 200m (22.82), 40m (49.28), 400m hurdles (51.75)

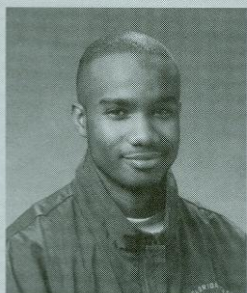
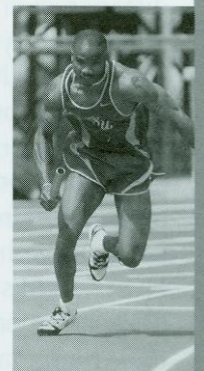
Junior who could be the fastest athlete on the team...will focus primarily on the 400m hurdles while also competing in both relays...**1997:** finished sixth in the 400m hurdles (53.94) at the Snowbird Invitational...placed 12th in the 400m hurdles (53.49) at the Florida Relays...scored in three events at the ACC Outdoors with a sixth place finish in the 400m hurdles (51.75) and a pair of fourth place finishes as a member of both relay teams...took seventh at the Georgia Tech Invitational in the 400m hurdles (52.03)...**1996:** placed fourth at the FAMU Relays in the 400m hurdles...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 of senior track team...**Personal:** pursuing a degree in business...born July 11, 1977.



### PATRICK HAYES Sprints, Year: Senior

**Hometown:** Evergreen, LA (Bunkie HS)  
**Collegiate Bests:** 55m (6.20), 60m (6.84), 100m (10.79), 200m (20.94)

Senior who will be asked to fill the shoes of All-American Warrick Dunn in the sprints...a former NCAA Indoor qualifier in the 55m and the 200m...**1997:** recorded a time of 6.39 in the prelims of the University Centre Invitational 55m and a ninth place time of 6.57 in the finals...finished sixth in the 60m dash at the ACC/SEC Challenge (6.87)...placed seventh in the ACC Indoor 55m dash finals with a time of 6.44...redshirted during the outdoor season...**1996:** placed fourth in the 55m dash at the ACC Indoors with a time of 6.36...qualified for the NCAA Indoor Championships and recorded a mark of 6.29 in the semis of the 55m dash...also qualified in the 200m... finished second at the Florida Intercollegiate in the 200m (21.13)...ran



REGGIE GLOVER





20.94 in the finals of the 200m at the ACC Outdoors to finish sixth...**1995:** NCAA pro-visual 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:** a four-time Louisiana state 200m champion and two-time state 100m cham-pion...state champ in the 55m and held the second fastest time nationally in that event...**Personal:** a social science major...born March 13, 1976.

## DONALD HEAVEN

### Throws, Year: Sophomore

**Hometown:** Miami, FL (Carol City HS)

**Collegiate Bests:** Shot Put (52-7.50), Weight Throw (40-3.25), Discus (154-9)

Starting offensive guard on the Seminole football team...expected to battle for conference honors in both the shot and discus...great size and strength made him one of the top high school throwers in the country two years ago...named to the *Sporting News* freshman All-American football team after helping FSU to an 11-1 season...**1997:** placed 12th at the ACC/SEC Challenge in the shot put with a throw of 50-8...finished sixth in the shot at the Carolina Indoor Open (52-7.50)...scored at the ACC Indoors with a sixth place shot put of 51-11.75...also placed 10th in the weight throw (40-3.25)...took sixth at the ACC Outdoors with a mark of 154-9 in the discus...**Prep:** won the state title in the shot and discus as a senior with throws of 59-3 and 197-6...led Carol City to the 6A team cham-pionship and a national ranking of three that season... ranked second in the discus and fifth in the shot nationally following senior year...won both the shot and discus at the International Prep Track & Field Invitational (Chicago, 1996) and was named the outstanding male field performer...**Personal:** plans to major in physical education...born April 17, 1978... father, Donald Sr., threw discus and shot on the collegiate level.

## BRAD HESS

### Throws, Year: Sophomore

**Hometown:** Palm Harbor, FL (Clearwater Central Catholic HS)

**Collegiate Bests:** Discus (162-9), Shot Put (48-1.75), Hammer (135-11)

A redshirt sophomore who has scoring experience in conference action...should have a standout season with continued improvement in both the shot and the discus...**1997:** finished fifth in the discus at the Snowbird Invitational with a mark of 154-4...took sixth at the Florida Relays with a toss of 162-3 in the discus...won the discus (152-11) and was second in the hammer (135-8) at the Florida Intercollegiate... placed third at the ACC Outdoors in the discus (162-

2)...just missed scoring in the shot put with a ninth place throw of 47-8.50...finished second in the shot (47-11) and discus (162-9) at the Seminole Twilight...

**Prep:** an all-conference performer and honor roll student at Clearwater Central Catholic...a three-year state finalist in the discus...**Personal:** a business major...born October 10, 1976.

## JEREMIAH HUNT

### Middle Distance, Year: Junior

**Hometown:** Lemoore, CA (Lemoore HS)

**Collegiate Best:** 800m (1:52.93)

Junior who has emerged as one of the team's better 800m runners...will back-up Danny Smith at the event...**1997:** ran 1:54.35 in the 800m at the Snowbird Invitational in a sixth place showing...finished sixth at the FSU Relays in the 800m (1:52.93)...placed 11th in the Florida Intercollegiate 800m with a time of 1:57.61...**Prep:** a member of the U.S. Boy's Cross County Team following senior season...named track and cross country MVP as a senior...a two-year member of the National Honor Society...**Personal:** a criminology major...mother, Debra, set the 55m record at Virginia...born November 4, 1976.

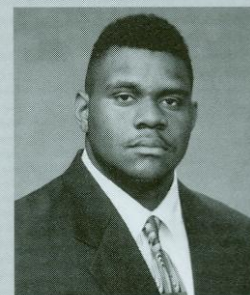
## GREG JACK

### Throws, Year: Senior

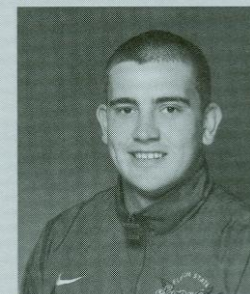
**Hometown:** Eganville, Ontario (St. Pius X HS)

**Collegiate Bests:** Shot Put (56-10.75), Javelin (210-8), Discus (139-6)

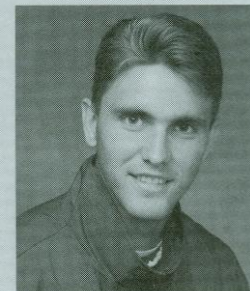
The top men's performer in both the shot put and the javelin...returning ACC Indoor shot put champion...a very dedicated, talented and versatile thrower...will likely reshirt this season...**1997:** finished fourth in the shot at the Barnett Bank Invitational with a mark of 54-4.75...recorded a throw of 56-10.75 in a fourth place effort at the Carolina Indoor Open...won the ACC shot put title with a throw of 56-3.75... placed sixth in the shot (54-8) and third in the javelin (206-3) at the FSU Relays...recorded a pair of third place finishes at the ACC Outdoors in the shot (53-0.75) and javelin (205-6)...won the Nike Twilight javelin title with a throw of 206-6...**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-



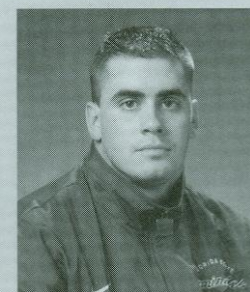
DONALD HEAVEN



BRAD HESS



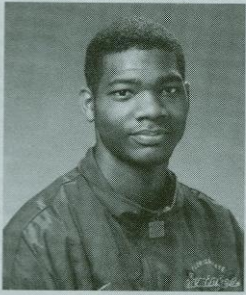
JEREMIAH HUNT



GREG JACK







DARIUS JONES

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, 1975.

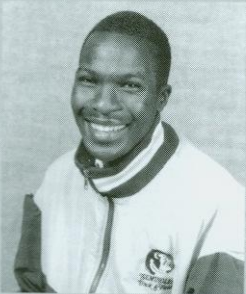
### DARIUS JONES

**Multi-Events, Year: Sophomore**

**Hometown: Tallahassee, FL (Godby HS)**

**Collegiate Bests: High Jump (6-10.75), Long**

# MENT'S 1998 BIOS



NAFTHALY KURGAT

**Jump (23-7.25), Pole Vault (15-7.75)**

Talented all-around athlete with the ability to be one of the conference's best in the pole vaults, high jump and long jump...will also compete in the decathlon...**1997:** high jumped 6-6.75 to take 10th at the ACC/SEC Challenge...finished sixth at the Wildcat Classic in the pole vault (15-0) and fourth in the long jump (21-0.75)...placed fifth at the ACC Indoors in the high jump (6-9), sixth in the pole vault (15-7.75) and eighth in the long jump (23-7.25)...placed 10th in the decathlon at the FSU Relays with a point total of 6243...won the high jump at the Florida Relays (6-10.75)...finished fifth in the long jump (23-2.50) and seventh in the pole vault (14-5.50) at the ACC Outdoors...**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 criminology program...born December 5, 1977.



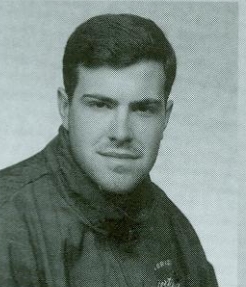
### NAFTHALY KURGAT

**Distance, Year: Junior**

**Hometown: Kapsabet, Kenya (Kapsabet HS)**

**Collegiate Bests: 400m (49.61), 800m (1:51.28)**

Junior who is expected to contribute in the middle distances...began career with long distances, but now has dropped down to shorter events...has battled health problems since his arrival...**1997:** placed 23rd at the ACC/SEC Challenge in the 800m (1:57.32)...recorded an 800m time of 1:59.04 in the prelims at the ACC Outdoors...finished third in the 800m at the FSU Relays at 1:51.28...ran 1:53.87 in an 11th place effort in the ACC Outdoor 800m...**Prep:** named Kapsabet's



JODY LAWRENCE

athlete of the year as a senior...**Personal:** an electrical engineering major...born August 20, 1978.

### KENYUN LANGSTON

**Sprints, Year: Sophomore**

**Hometown: Hallandale, FL (Hallandale HS)**

**Collegiate Bests: 200m (22.93), 400m (49.55)**

Sophomore who has added strength, size and speed since his freshman year...expected to challenge for conference honors in the 400m...**1997:** finished 19th in the 400m at the ACC/SEC challenge (49.55)...placed 14th in the 400m at the Snowbird Invitational with a time of 50.03...also saw action as a member of the 4x400 relay team...**Prep:** most valuable track athlete at Hallandale for three straight years...also participated in basketball and track at Hallandale...an honor roll student voted as the best-all-around senior...**Personal:** plans to major in communications...born January 22, 1978...cousin, Travis Mays, played in the NBA.



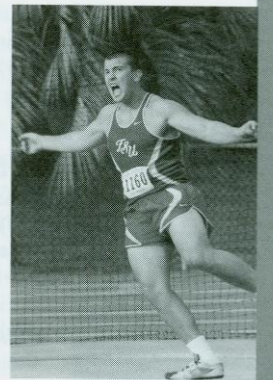
### JODY LAWRENCE

**Throws, Year: Sophomore**

**Hometown: Cocoa, FL (Titusville HS)**

**Collegiate Bests: Discus (172-9), Shot Put (51-7.75), Weight (53-11.75)**

Redshirt sophomore with the ability to qualify for NCAA competition in the discus...will contend for the conference title in both the shot put and the discus...**1997:** redshirted...**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:** a food and nutrition science major...born June 9, 1977.





**DORE LOUIS****Multi-Events, Year: Senior****Hometown:** Miami, FL (Coral Gables HS)**Collegiate Bests:** Pole Vault (13-7.25), Javelin (205-8.50)

A dedicated and hard working performer who has established himself as a team leader in his fifth year...will compete in several events including the decathlon...came to FSU after spending two years playing football at Beloit College... won the conference javelin title and placed second in the high jump while at Beloit... **1997:** placed ninth in the decathlon at the FSU Relays with a point total of 6459... scored in the 110m hurdles (fifth - 15.67), pole vault (third - 13-7) and javelin (first - 205-8.50)... finished sixth in the javelin (174-9) at the ACC Outdoors despite being injured earlier in the meet... recorded a second place finish at the Nike Twilight with a throw of 204-7 in the javelin...took fourth at the Georgia Tech Invitational in the javelin (199-7)...**1996:** saw limited action in his first year at FSU...**1995:** redshirted...**Prep:** conference champion and state qualifier in the pole vault...**Personal:** majoring in sociology...plans to enroll in law school this fall...father, Paul, played football at VMI and turned down an NFL contract to go into law...celebrates an April 4, 1975 birthday.

**MICHAEL MAIER****Distance, Year: Freshman****Hometown:** Genkingen, Germany (Eberhard-Karls University)

Newcomer from Germany who will run the 1500m and the steeplechase...spent the fall competing as a member of the FSU cross country team...**Prep:** finished sixth at the German Junior Championships in the 1500m after placing eighth in 1995...recorded a time of 8:28 in the 3K (indoor)...owns marks of 3:51.90 in the 1500m and 14:54 in the 5K...**Personal:** plans to major in business...father was a two-time Olympic athlete in the 3K steeplechase ('72, '76) and a coach in '88...born January 11, 1976.

**TODD MARINE****Jumps, Year: Sophomore****Hometown:** Oak Creek, WI (Oak Creek HS, South Milwaukee HS)**Collegiate Bests:** Long Jump (22-10.50), Triple Jump (47-6.25)

Sophomore who will challenge for conference honors in the long and triple jumps...needs to avoid injuries in order to realize potential...**1997:** finished fifth in the

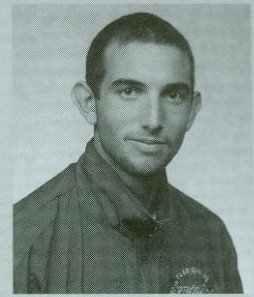
triple jump (46-0.75) at the ACC/SEC Challenge... placed fourth in the triple jump (47-6.25) and 12th in the long jump (22-2.50) at the ACC Indoors...took fourth in the triple jump at the ACC Outdoors at 46-8...**Prep:** attended both Oak Creek and South Milwaukee high schools...one of the top jump prospects in the state of Wisconsin...**Personal:** plans to major in computer science...celebrates a May 9, 1978 birthday.

**TRAVIS MINOR****Sprints, Year: Freshman****Hometown:** Baton Rouge, LA (Catholic)

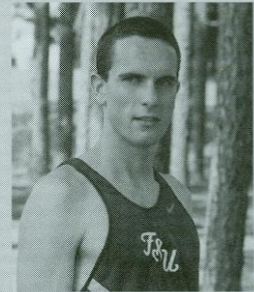
Starting tailback on the Florida State football team as a true freshman...the 1997 ACC Rookie of the Year after leading the Seminoles with 623 yards rushing and 11 total touchdowns...will help fill the void in the sprints left by two-sport All-American and fellow Catholic High graduate, Warrick Dunn...broke many of Dunn's Catholic High marks in both track and football during his career...**Prep:** Louisiana state champion in the 100m and 200m as a junior...recorded times of 10.45 (third in the nation) and 21.25 that ranked among the nation's top ten...also anchored the 4x400 and 4x200 that won state titles in record times...placed fourth at the National Scholastic Indoors (Boston) in the 60m...led track team to three straight state championships at Catholic HS...participated only in the 400m and anchored the mile relay due to a hamstring injury, winning both as a senior...the *USA Today* offensive player of the year on the football field...regarded as the top tailback in the nation...**Personal:** enrolled in FSU's undergraduate studies program...born June 30, 1979.

**DAVID OGLETREE****Distance, Year: Senior****Hometown:** Tallahassee, FL (Lincoln HS)**Collegiate Bests:** Steeplechase (9:26), Mile (4:19.57)

Talented runner who will focus on the steeplechase in this senior campaign...needs to improve on racing consistency...member of Coach Irving's cross country team in the fall...**1997:** finished fifth in the Barnett Bank Invitational mile with a time of 4:19.57...took fourth in the 3K at the Snowbird Invitational (8:53.53)...**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:** reshirted...**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 ciminology major...born August 12, 1974.



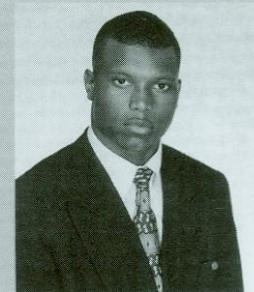
DORE LOUIS



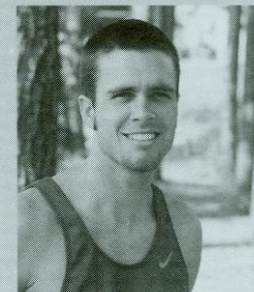
MICHAEL MAIER



TODD MARINE

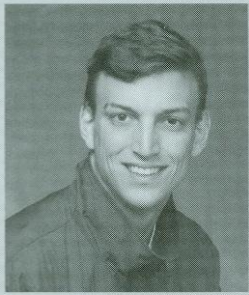


TRAVIS MINOR



DAVID OGLETREE





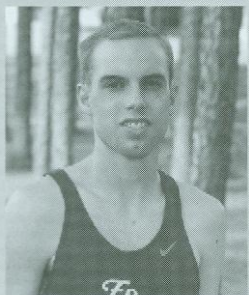
CHRIS OSBORN

**CHRIS OSBORN****High Jump, Year: Senior**

**Hometown:** Lake Worth, FL (Santaluces HS)  
**Collegiate Bests:** High Jump (6-11.75)

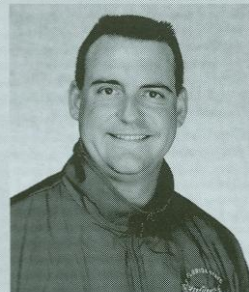
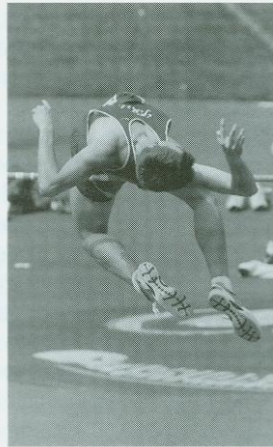
The top high jumper on the Seminole team...will have a shot at the ACC title in the event...**1997:** finished sixth in the high jump at the ACC/SEC Challenge (6-8.75)...took fourth at the Snowbird Invitational (6-9.75) and the FSU Relays (6-11.75) in the high jump...won the Florida Intercollegiate high jump with

# MENT'S 1998 BIOS



AARON SCHEER

a mark of 6-7.50...finished third at the ACC Outdoors at 6-9.75...closed the season with a high jump title at the Seminole Twilight (6-8.25)...**1996:** finished sixth at the Barnett Bank Invitational with a jump of 6-4...placed fifth at the ACC Indoors (6-9)...took second at the Snowbird Invitational in the high jump at 6-10.50...**Prep:** named Santaluces athlete of the year as a senior...set the school and county high jump record during senior campaign...participated in cross country, basketball and track...**Personal:** a computer science major...celebrates a December 14, 1975 birthday...father, Robert, was a swimmer at Miami.

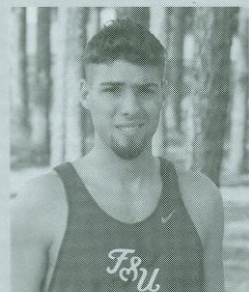


BILL SHIRK

**AARON SCHEER****Distance, Year: Junior**

**Hometown:** Fremont, NE (Fremont HS)

Transfer from Nebraska with excellent ability in the distance events...the top runner for the FSU men's cross country team in the fall...captained Nebraska track team a year ago...**Prep:** an all-state performer as a senior...placed sixth at the state cross country meet...finished fifth in the 800m and seventh in the 1600m at the state track meet...a nine-time letterman at Fremont High in cross country, track and swimming...**Personal:** a social science major...sister runs track at University of Nebraska at Omaha...born December 30, 1974.



BRAD SHRIVER

**WILLIAM SHIRK****Throws, Year: Senior**

**Hometown:** Sarasota, FL (Sarasota HS)  
**Collegiate Bests:** Weight (59-7.50), Hammer (180-9)

Senior 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...**1997:** started the indoor season with a second place effort (56-5.25) in the weight throw at the LSU Invitational...won the Barnett Bank Invitational weight throw with a mark of 59-7.50...placed fourth (56-9.25) in the weight at ACC Indoors...recorded a hammer toss of 169-3 to take fourth at the Snowbird Invitational...finished ninth in the discus at the ACC Outdoors with a throw of 158-4...won the Florida Intercollegiate weight throw (163-2)...**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:** redshirted...**Personal:** pursuing a master's degree in athletic administration...born October 30, 1973.

**BRAD SHRIVER****Distance, Year: Senior**

**Hometown:** Harrisburg, PA (Susquehanna Township)

Senior who has shown dramatic improvement during cross country season...still lacks collegiate experience on the track...FSU's fourth finisher at the ACC Cross Country Championships...**Prep:** participated in track and cross country at Susquehanna...qualified for the state cross country meet as a senior...**Personal:** a marketing major...born August 19, 1976.





**JOE SIMOLARI****Distance, Year: Senior****Hometown: Newport, RI****(Montverde Academy)****Collegiate Bests: Steeplechase (9:20.51),  
3K (8:36.83)**

Senior member of improved men's distance team... will concentrate primarily on the steeplechase...a transfer from Auburn...**1997:** finished third at the LSU Invitational 3K with a time of 8:36.61...redshirted during the outdoor season...**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)...ran 8:36.83 at the Wildcat Classic 3K...finished seventh in the 5K at the USAir Invitational with a mark of 15:06.40...**1995:** finished second in the steeplechase at the Auburn Invitational with a time of 9:35.9...placed fourth in the steeplechase at the SEC Invitational...**Prep:** finished second in the Florida State Cross Country Championships...member of state championship team at Montverde Academy...placed second at state two-mile... **Personal:** a political science major...celebrates a July 4, 1972.

**ANTONIO SMITH****Sprints, Year: Sophomore****Hometown: Tallahassee, FL (Rickards HS)****Collegiate Bests: 200m (21.64), 400m (49.23)**

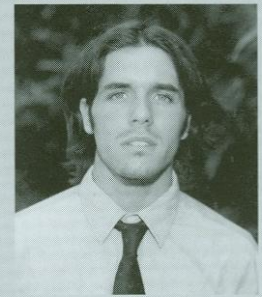
Sophomore who will be counted on in the 200m, 400m and both relays...spent last season improving sprinting skills and technique...**1997:** clocked in at 49.66 in the 400m at the ACC/SEC challenge (20th)...ran 51.24 in the 400m and 22.73 in the 200m in the prelims of the ACC Indoor Championships...finished ninth in the 400m at the Snowbird Invitational (49.23)...placed sixth in the 200m at the Florida Intercollegiate with a time of 22.18...finished 14th (22.39) in the 200m and 11th (49.40) in the 400m at the ACC Outdoors...**Prep:** won district and regional 400m titles before placing third at state...an honor roll student...involved in Academy of Public Service shuttle program (public service jobs)...**Personal:** majoring in ciminology...born September 9, 1977.

**DANNY SMITH****Middle Distance, Year: Junior****Hometown: Orlando, FL (oak Ridge HS)****Collegiate Bests: 400m (48.88),  
800m (1:51.52)**

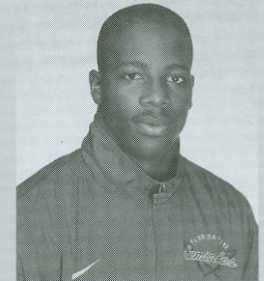
One of the top middle distance runners in the South... coaches expect him to qualify for NCAAs and contend for a conference championship...**1997:** started the indoor season with a second place finish in the 800m in 1:52.52...recorded a mark of 1:52.33 in a 12th place 800m effort at the Georgia Tech Invitational... closed the season with a fifth place finish (1:52.94) in the 800m at the Seminole Twilight...**1996:** placed sixth at the Snowbird 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 season 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:** plans to major in business... born December 30, 1976.

**GERMAINE STRINGER****Sprints, Year: Junior****Hometown: Atlanta, GA (Southwest****Dekalb HS)****Collegiate Bests: 55M (6.46), 200m (22.35)**

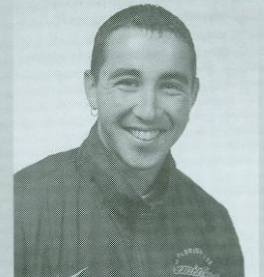
Two-sport athlete expected to be one of the team's top sprinters...has potential to be an NCAA qualifier in the 200m...caught nine passes for 199 yards as a reserve flanker on the FSU football team...the fastest member of the receiving corps who also returned kickoffs...**1997:** finished fifth at the ACC/SEC Challenge in the 55m dash at 6.86...recorded a collegiate best 55m time of 6.46 at the ACC Indoor prelims...also clocked in at 22.35 in the ACC Indoor 200m prelims...missed majority of outdoor season due to spring football practice...**1996:** placed fourth in the 200m at the Barnett Bank Invitational with a time of 22.46...picked up sixth place points at the ACC/SEC Challenge in the 200m (22.35)...missed qualifying for the 55m finals with a mark of 6.51 in the prelims and 6.62 in the semifinals at the ACC Indoors...**Prep:** won state titles in the 100m and 200m as a junior and senior... recorded the second fastest 100m time in the nation (1.18)...a four-year letterman in track and a three-year letterman in football at Southwest Dekalb...**Personal:** enrolled in FSU's undergraduate studies program...born January 4, 1976.



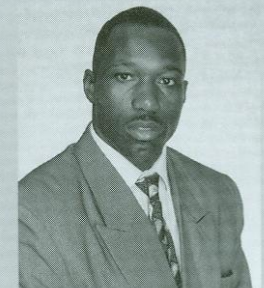
JOE SIMOLARI



ANTONIO SMITH



DANNY SMITH



GERMAINE STRINGER



**DIVISION I  
INDOOR TRACK**

# MEN'S 1998 NCAA

## QUALIFYING MARKS

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.16	-	6.28	-
60 Meters	6.62	-	6.74	-
55-Meter Hurdles	7.23	-	7.39	-
60-Meter Hurdles	7.74	-	7.90	-
200 Meters				
(Under 200m/ 220 yds)*	21.30	-	21.60	-
(200m/220 yds)*	21.15	-	21.45	-
(Over 200m/ 220 yds)*	21.00	-	21.30	-
400 Meters				
(Under 200m/ 220 yds)*	46.97	46.7	47.85	47.6
(200m/220 yds)*	46.72	46.4	47.60	47.3
(Over 200m/ 220 yds)*	46.47	46.2	47.35	47.1
800 Meters				
(200m/220 yds or less)*	1:48.25	1:48.0	1:50.80	1:50.5
(Over 200m/2 20 yds)*	1:47.75	1:47.5	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#				
(200m/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

\* - Size of track.

# - Altitude adjustment available.



Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
5,000 Meters#				
(200m/220 yds or less)*	14:00.00	13:59.7	14:20.00	14:19.7
(Over 200m/ 220 yds)*	13:58.15	13:57.9	14:18.15	14:17.9
1,600-Meter Relay				
(Under 200m/ 220 yds)*	3:10.00	3:09.7	3:13.50	3:13.2
(200m/220 yds)*	3:08.50	3:08.2	3:12.00	3:11.7
(Over 200m/ 220 yds)*	3:07.00	3:06.7	3:10.50	3:10.2
Mile Relay				
(Under 200m/ 220 yds)*	3:11.20	3:10.9	3:14.70	3:14.4
(200m/220 yds)*	3:09.70	3:09.4	3:13.20	3:12.9
(Over 200m/ 220 yds)*	3:08.20	3:07.9	3:11.70	3:11.4
Distance Medley Relay-Meters#				
(200m/220 yds or less)*	9:39.00	9:38.7	9:48.00	9:47.7
(Over 200m/ 220 yds)*	9:36.75	9:36.5	9:45.75	9:45.5
Distance Medley Relay-Yards#				
(200m/220 yds or less)*	9:42.50	9:42.2	9:51.50	9:51.2
(Over 200m/ 220 yds)*	9:40.25	9:40.0	9:49.25	9:49.0
Event	METRIC	METRIC		
High Jump	2.25	2.16		
Pole Vault	5.50	5.22		
Long Jump	7.90	7.60		
Triple Jump	16.25	15.60		
Shot Put	18.70	17.80		
35-Pound Weight	20.85	19.00		



**100 Meter Dash**

FSU Outdoor Record	10.07	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	20.17	1992	James Trapp, Clemson
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	44.59	1994	Derek Mills, GA Tech
Collegiate Record	43.50	1992	Quincy Watts, Southern CA

**800 Meter Run**

FSU Outdoor Record	1:46.19	1986	Ocky Clark
Mike Long Track Record	1:46.55	1997	David Krummenacker, GA Tech
ACC Outdoor Record	1:43.16	1989	Paul Ereg, Virginia
Collegiate Record	1:41.77	1984	Joaquinn Cruz, Oregon

**1,500 Meter Run**

FSU Outdoor Record	3:43.02	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, Wash. St.

**5,000 Meter Run**

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

**10,000 Meter Run**

FSU Outdoor Record	28:55.34	1971	Ken Misner
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, Wash. 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, Md
Collegiate Record	13.00	1979	Renaldo Nehemiah, Md

**400 Meter 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, GA Tech
Collegiate Record	47.10	1991	Samuel Matate, Auburn

**4 X 100 Relay**

FSU Outdoor Record	39.24	1977	Roberson, Walker, Merrick, Forbes
Mike Long Track Record	39.15	1984	Butler, Krulee, Smith, Lattany, Bud Light TC
ACC Outdoor Record	39.07	1989	NC State
Collegiate Record	38.23	1989	TCU

**4 X 400 Relay**

FSU Outdoor Record	3:03.78	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	Georgia Tech
Collegiate Record	2:59.91	1988	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

**MENT'S RECORDS****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	212-9	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, NC
Collegiate Record	292-4	1990	Patrick Bodin, Texas

**High Jump**

FSU Outdoor Record	7-6	1993	Kevin Crist
Mike Long Track Record	7-6	1997	Cameron Wright, Unattached
ACC Outdoor Record	7-6	1986	Victor Smalls, Clemson
		1996	Eric Bishop, UNC
Collegiate Record	7-10	1989	Hollis Conway, SE La

**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 3/4	1996	Eric Bowers, Georgia Tech
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	58-9 1/2	1995	James Beckford, Blinn

**Decathlon**

FSU Outdoor Record	7612	1981	Rohn Stark
Mike Long Track Record	7873	1997	Louis Hinshaw, 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	50'11"	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 Peebles	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	232'10"	70.97	1997
3. Tom Feters	230'5"	70.24	1989
4. Gabe Arola	210'10"	64.26	1997
5. 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. Dore Louis	6459	1997
9. Thomas Bowman	6417	1950
10. Darius Jones	6243	1997

**Pole Vault**

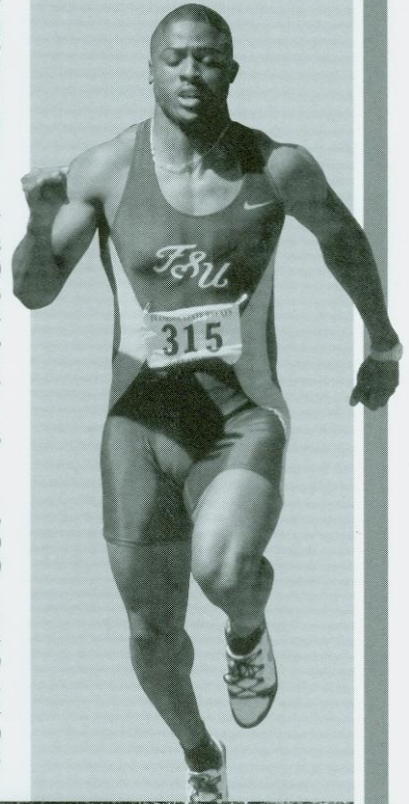
1. Jeff Bray	18'6 1/2"	5.65	1992
2. Larry Carr	18'1"	5.51	1989
3. Tom Reither	17'6"	5.34	1988
4. Phares Rolle	17'1"	5.21	1976
5. Dusty Harmon	17'	5.18	1983
Brian Fitzsimmons	17'	5.18	1986
7. Allen McMillian	16'6"	5.03	1972
Joel Smith	16'6"	5.03	1985
9. Darrell Meadows	16'3"	4.95	1992
10. Bill Jackson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

**4x100 Relay**

1. Roberson, Walker, Merrick, Forbes	39.24	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

**4x400 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





**Cross Country**

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

**Indoor**

- 1980 Mel Broodie, Walter McCoy, Reggie Ross, Palmer Simmons- Mile Relay (1st)
- 1982 Philip Rolle-800 yards
- 1984 Reggie Ross-4x400
- 1987 Arthur Blake-55m Hurdles
- 1988 Arthur Blake-55m Hurdles



# MENT'S ALL-AMERICANS

- 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

**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-200m
- 1973 Danny Smith-60 yd. Hurdles
- 1974 Tyrone Frederick-880 yards; Danny Smith-60 yd Hurdles (1st), 120-yd Hurdles
- 1975 Rudy Falana-Long Jump; Jesse Forbes-100 yards; Charlie Harris-Triple Jump; Tyrone Frederick-880 yards; Danny Smith-60 yd Hurdles (1st)
- 1976 Don Merrick-60 yards; Mike Roberson-200m; Phares Rolle-Pole Vault
- 1977 Mike Roberson-60 yd Hurdles
- 1978 Bradley Cooper-Discus; Rudy Forbes-100m; Walter McCoy-600 yards (1st), 400m; Rudy Forbes, Kevin Johnson, Walter McCoy, Mike Roberson-4x100; Walter McCoy, Ron Nelson, Mike Roberson, John Walker-Mile Relay
- 1979 Bradley Cooper-Discus (1st); Walter McCoy-400m; Earl Carruthers, Walter McCoy, Palmer Simmons, Ron Nelson-4X400
- 1981 Walter McCoy-400m; Philip Rolle-800m; Rohn Stark-Decathlon; Herb Wills-10,000m; Don Frost, Walter McCoy, Ronnie Taylor, Chip Wells- 4x100, Lynn Brown, Walter McCoy, Ron Nelson, Philip Rolle-4x400
- 1982 Ronnie Taylor-200m; Herb Wills-10,000m
- 1984 Leander McKenzie-400m IM Hurdles; Kenny Smith-High Jump; Charlie Carr, Leander McKenzie, Vince Washington, Reggie Ross-4x400
- 1985 Leander McKenzie- 400m IM Hurdles; Kevin Gordon, Thomas Johnson, Leander McKenzie, Vince Washington-4x400
- 1986 Ocky Clark-800m; Leander McKenzie-400m IM Hurdles; Thomas Johnson, Leander McKenzie, Clark Waddell, Carter Williams-4x400

- 1987 Horatio Garcia-Hammer
- 1988 Arthur Blake-110m Hurdles
- 1989 Larry Carr-Pole Vault
- 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-400m; John Rothell-400m IM Hurdles; Jonathan Carter, Marcus Dixon, Kelsey Nash, Kevin Ansley-4x100, Lou Angelo- Javelin
- 1995 Jonathan Carter-100m; Justin Johnston-Javelin
- 1996 Jonathan Carter-100m, 200m; Justin Johnston-Javelin; Byron Capers, Jonathan Carter, Warrick Dunn, Phillip Riley-4x100
- 1997 Justin Johnston-Javelin

**National Championship Relays**

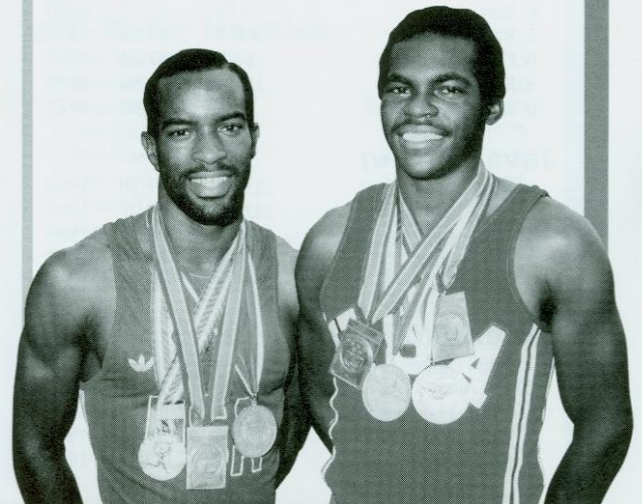
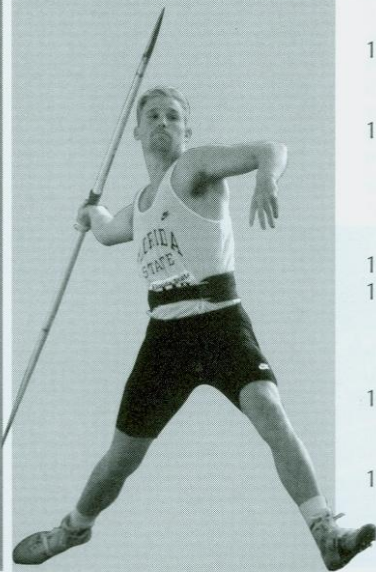
- 1980 Outdoor Mile Relay Reggie Ross, Melford Boodie, Palmer Simmons, Walter McCoy

**Individual NCAA Champions**

- Danny Smith-1974- Indoor 60yd HH, 1975 Indoor 60 yd HH
- Walter McCoy-1978- Outdoor 600 yards
- Bradley Cooper-1979- Outdoor Discus
- Mike Roberson-1980- Outdoor 200m
- Phillip Riley-1995- Indoor 55m Hurdles

**Seminoles 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) 4x400 (Gold)
- 1976 Montreal, Danny Smith (Bahamas), 110 Hurdles





**Lady Seminoles**

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
4X400m Relay	Sophia Danvers, Maria Embon, Erica Shepard, Yashiva Edwards	3:33.59	1996
Long Jump	Sonya Blades	21'8.5"	1990

**Seminole Men**

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
4X400m Relay	Leander McKenzie, Charlie Carr, Vince Washington, Reggie Ross	3:08.67	1984



# INDOOR RECORDS

Triple Jump	Esmeralda Garcia	44'4"	1985
High Jump	Holly Kelly	6'1/4"	1989
Shot Put	Shannon Cook	49'3"	1997
20lb. Weight	Lakeisha Mose	54'5 1/4"	1997

**ACC Women's Indoor**

55m Dash	Simone Tomlinson	6.82	1996
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
4X400m Relay	Florida State (Danvers, Embon, Shepard, Edwards)	3:33.59	1996

Distance			
Medley Relay	N.C. State (Messerschmidt, McKinnon, Herrman, Hall)	11:46.64	1996

High Jump	Natasha Alleyne, Ga. Tech	1.89m/6'2.25"	1992
Long Jump	Trinette Johnson, FSU	6.45m/21'2"	1993
Triple Jump	Marchelle Payne, Md.	13.34m/43'9.25"	1992
Shot Put	Kelly Bodiford, Virginia	15.65m/51'4.25"	1991
20lb. Weight	Heather Atkinson, Md.	16.23m/53'3"	1997

**NCAA Women's Indoor**

55m Dash	Gwen Torrence, Georgia	6.56	1987
55m Hurdles	Michelle Freeman, Florida	7.34	1992
200m Dash	Merlene Otley, Nebraska	22.79	1982
400m Dash	Maicel Malone, Arizona State	51.05	1991
800m Run	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	6'51/2"	1987
Long Jump	Daphnie Saunders, LSU	22'4 1/2"	1994
Triple Jump	Sheila Hudson, California	45'9"	1990
Shot Put	Valeyta Althouse, ULLA	59'3 1/2"	1996
4x400m Relay	Texas	3:32.01	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	59'7 1/2"	1997

**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, N. Carolina	20.60	1992
400m Dash	Reggie Harris, N. Carolina	45.94	1992
800m Run	Conrad Nichols, Geo. Tech	1:49.06	1993
Mile Run	Tony Waldrop, N. Carolina	3:56.4	1974
3,000m Run	Jim Farmer, N. Carolina	8:10.33	1988
5,000m Run	Yehezkel Halifa, Clemson	14:04.79	1989
4x400m Relay	Georgia Tech (Terry, Amedee, Adkins, Mills)	3:10.35	1993

Distance Medley	Duke (Lorusso, Ford, Royce, Schwartz)	9:57.40	1976
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High Jump	William Skinner, Maryland	7'3 1/2"	1987
Long Jump	Allen Johnson, N. Carolina	26'8 1/2"	1993
Triple Jump	Mike Patton, N.C. State	54'4 1/2"	1988
Pole Vault	Jeff Bray, FSU	18' 1/2"	1993
Shot Put	Mike Spiritoso, Clemson	63'4"	1987
35lb. Weight	John Patterson, NC State	64'5 1/4"	1997

**NCAA Men's Indoor**

55m Dash	Lee McRae, Pittsburgh	6.00	1986
55m Hurdles	Renaldo Nehemiah, Maryland	6.89	1979
200m Dash	Obdde Thompson, UTEP	20.36	1996
400m Dash	Greg Haughton, George Mason	45.66	1995
800m Run	Paul Ereng, Virginia	1:44.84	1989
Mile Run	Tony Waldrop, N. Carolina	3:55	1974
3,000m Run	Joe Falcon, Arkansas	7:46.42	1989
5,000m Run	Suleiman Nyambui, Tx 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
4X400m Relay	Oklahoma	3:04.46	



*"We encourage the participation between both the track and field squad and the football team. Coach Terry Long and the Florida State track and field staff have worked with our athletes'*



DEION SANDERS

## WARRICK DUNN

Warrick Dunn became the leading rusher in school history with a career total of 3,959 yards (1993-96) a year ago. He is the only Seminole ever to post three consecutive 1,000-yard rushing seasons. The two-sport All-American was a first round draft pick of the Tampa Bay Buccaneers in 1997 and was named the NFL's Offensive Rookie of the Year.

# FLORIDA STATE'S TWO SPORT TRACK ATHLETES

*strength and speed and have really helped them improve themselves. We are very proud and thankful for the outstanding track program here at Florida State."*

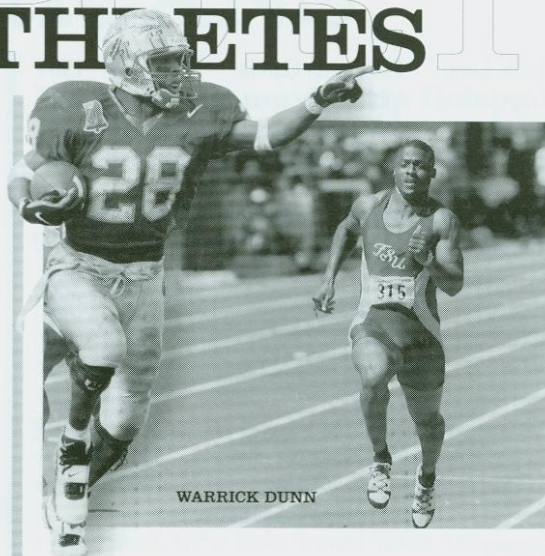
**- BOBBY BOWDEN,**  
Head  
Football  
Coach

## DEION SANDERS

Deion Sanders, one of the greatest all-around athletes in Florida State history, competed on the collegiate level in track, baseball and football. The All-America cornerback competed in the sprint events as well as the relays. "Prime Time" still holds times that rank among the top ten in school history in both the 100 and 200-meter dashes.

## ROHN STARK

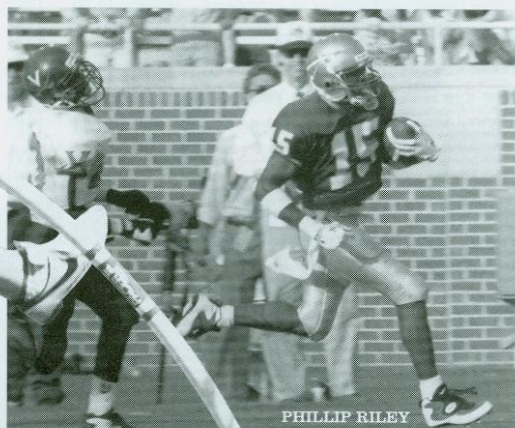
Rohn Stark is the Florida State record holder in the decathlon with a point total of 7,612. Stark, who earned All-America status in track and football, holds the FSU record for highest career and season punting average. Spending the majority of his career with the Colts, the former decathlete has enjoyed a long and successful NFL career as a Pro-Bowl punter.



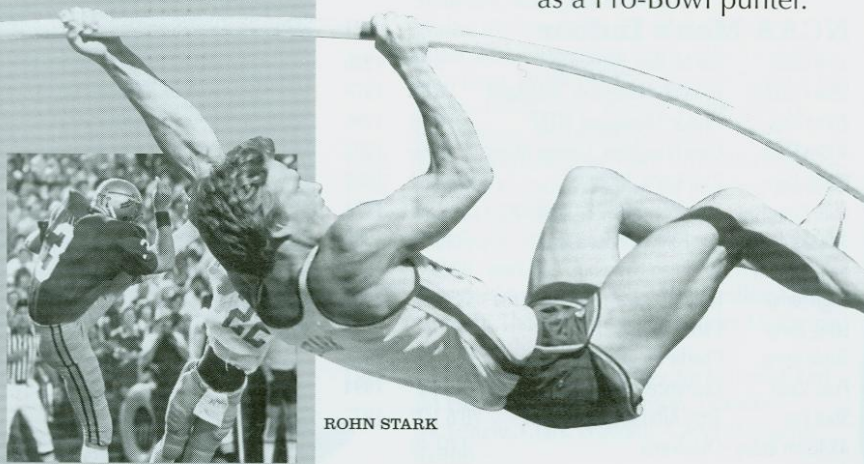
WARRICK DUNN

## PHILLIP RILEY

Phillip Riley won the 1995 NCAA Championship in the 55-meter hurdles. Riley, a wide receiver for Coach Bobby Bowden, was drafted by the Philadelphia Eagles following his FSU career. He was an Olympic trials qualifier in 1996 in the 110-meter hurdles.

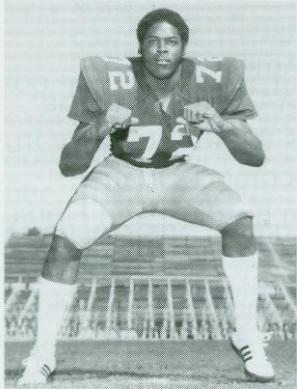


PHILLIP RILEY



ROHN STARK



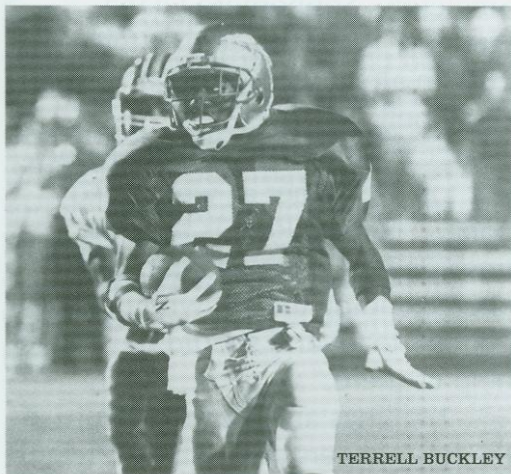
**KEN LANIER**

Ken Lanier holds the second longest shot put in FSU 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. He was drafted in the fifth round by the Denver Broncos in 1981 and played on three AFC Championship teams.

**TERRELL BUCKLEY**

Terrell Buckley won the 1991 Jim Thorpe Award as the nation's top defensive back after setting the Seminole single season interception mark with 12. Buckley was a key member of the FSU track team in the sprints and relays. Buckley was a first round draft pick of the Green Bay Packers and currently plays for the Miami Dolphins.



TERRELL BUCKLEY

**COREY FULLER**

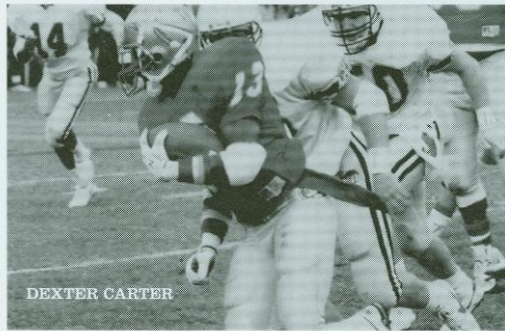
Corey Fuller was drafted by the Minnesota Vikings in the second round of the 1995 NFL Draft. Fuller played for the 1993 National Championship team and was a member of the 1994 ACC Indoor Championship track team.

**MARTIN MAYHEW**

Martin Mayhew was a standout performer on the 1986 and 1987 sprint relay teams. An honorable mention All-American at defensive back, Mayhew teamed with Deion Sanders to give FSU two of the most talented cornerbacks in the nation.

**DEXTER CARTER**

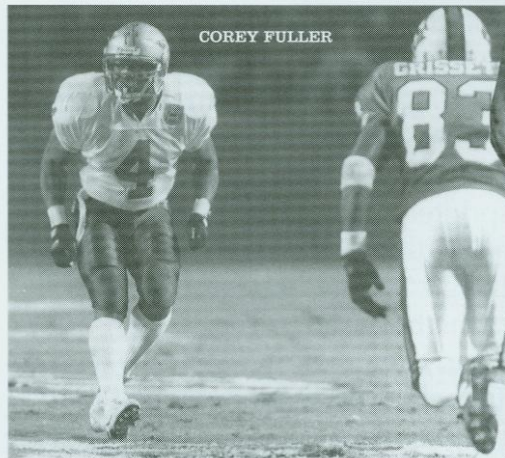
Dexter Carter was the starting tailback for the Fiesta Bowl Champion Seminole football team in 1989. Carter was a member of the 1988 4x100-meter relay team that recorded the second fastest time in Florida State history at 39.40. Carter was drafted by the San Francisco 49ers in the first round of the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



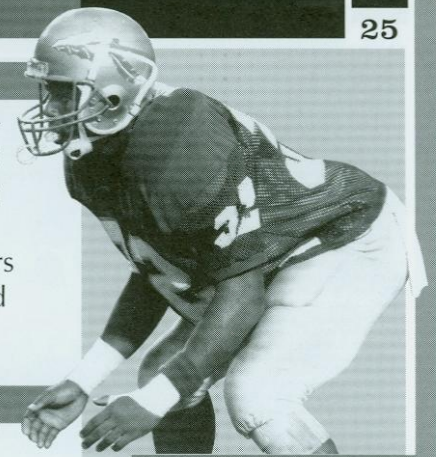
DEXTER CARTER

**BYRON CAPERS**

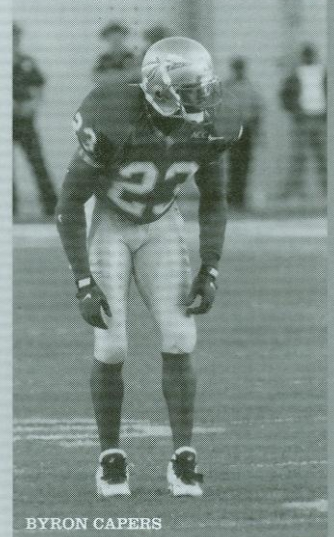
Byron Capers earned All-America status on the track as a member of the 4x100-meter relay team in 1996. Capers also a first team All-ACC selection at cornerback that year and helped FSU record their second undefeated regular season in school history.



COREY FULLER



MARTIN MAYHEW



BYRON CAPERS



COREY FULLER





# WOMEN'S PREVIEW

The term "rebuilding year" defines the 1998 women's track and field team. A talented recruiting class will be called on to replace five All-Americans and a handful of conference scorers.

"The women's team faces the largest mass graduation of quality athletes since the national championship team in 1984," said head coach Terry Long. "We really are rebuilding in all areas of the program, but we did bring in an outstanding group of freshmen and I think they could become one of the strongest groups we've had."

In the sprints, All-American Zuzette Mullings returns in the 100m, 200m and the 4x100m relay. Tonya Carter is an NCAA qualifier (4x100m) and will compete in the same sprint events.

"Zuzette and Tonya have both sprinted well and appear to be the front-runners starting out," said Long. "Filling in behind them will be high school All-American Teresa Bundy, and Jennifer Mayhue and Tangela Wobbleton who will both run the 400m as well. Sophomore

jumper Shelby Cannon and Tallahassee freshman Chinette Johnson will also challenge."

Senior All-American Rikke Ronholt, an NCAA qualifier in the 400m hurdles, is the top returnee in the event. Newcomers Gianne Redmond (100m hurdles) and Fiona Norwood (400m hurdles) were top quality junior athletes in Ireland before arriving at FSU and are

expected to contribute immediately. Another freshman,

Philadelphia native Ayana Townsend, will compete in both hurdle events. Aysha House, Danielle Riley and Melanie Black return off redshirt years to give the Lady Seminoles a deep and talented group.

In the middle distances, Ronholt will run the 800m along with Marleena Crosby and Nicole Singleton. Sophomore Diana Hartnup joins Singleton in the 1500m along with freshman Cynthia Campbell.

"Campbell will eventually be our top 5K runner as well," said Long. "Natalie Reid is another freshman who has adapted well after spending the fall with the cross country team and should be able to help us there."

Mullings and Cannon return as the top jumpers and will be backed up by Terita Norton, Christa King and Johnson.

"It looks like Zuzette (Mullings) could qualify for nationals in the sprints and the jumps," said Long. "I also wouldn't be at all surprised if Chinette (Johnson) did also. She shows an awful lot of talent. Over-



all, the long and triple jumps are very solid."

Senior Christine Daniels is the top returnee in the high jump and is expected to compete for conference honors as a spot as a NCAA qualifier. The twin sister combination of Michaela and Shannon Steele will push Daniels as they enter their sophomore seasons. Shannon also throws the javelin and is the lone returnee in that event.

The pole vault will see its first season of action in '98 and the coaching staff will work with Lindsay Adkins and King in the new event.

With the graduation of Shannon Cook and the late transfer of Andrea Pappas, Lakeisha Mose comes back as the only thrower with any significant experience. Mose will compete in all the throws along with several untested freshmen.

"With all the losses, the women are a major rebuilding program," said Long. "You aren't normally going to lose a dozen athletes in a year. We will have to be a little stronger in areas we haven't been in the past. I think the distance runners will have to pick up the slack, where in the past maybe it was the sprinters, throwers and jumpers who have picked it up. We will have some long days out there, but the talent nucleus is there for the future."

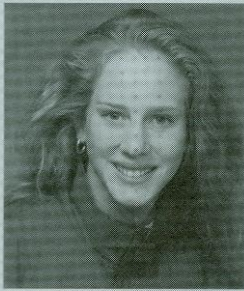
NAME	EVENT	CL	HOMETOWN
Lindsey Adkins	J	SO	Pensacola, FL
Melanie Black	H	SO	Thorsby, AL
Kathy Bowen	D	JR	York, ME
Kingsley Broughton	D	FR	Ponte Vedra Beach, FL
Teresa Bundy	SP	FR	Cleveland, OH
Cynthia Campbell	D	FR	Ontario, Canada
Shelby Cannon	J	SO	Centerville, VA
Tonya Carter	S	SO	Douglasville, GA
Marleena Crosby	MD	JR	Jacksonville, FL
Christine Daniels	HJ	JR	Orlando, FL
Jennifer Erd	D	FR	Winter Park, FL
Vanessa Fuchs	THR	FR	Fort Lauderdale, FL

## WOMEN'S 1998 ROSTER

Mary Gaskins	D	FR	Jacksonville, FL
Dana Glover	MD	FR	Hollywood, FL
Diana Hartnup	D	SO	Sarasota, FL
Avsha House	H	SO	Lenigh Acres, FL
Camille Hunt	J	SO	Holiday, FL
Amanda Hynes	D	SO	Tallahassee, FL
Chinette Johnson	ME	FR	Tallahassee, FL
Christa King	J	JR	Naples, FL
Rayanne Lawrence	D	FR	Tampa, FL
Jennifer Mayhue	SP	FR	Toronto, Canada
Kerry Miano	THR	FR	Sound Beach, NY
Dana Moody	SP	SO	Coral Springs, FL
LaKeisha Mose	THR	JR	Richmond, VA
Kim Mueller	D	FR	Naperville, FL
Zuzette Mullings	SP/J	SO	Manchester, Jamaica
Terita Norton	J	JR	Thonotosassa, FL
Fiona Norwood	H	FR	Kilkenny, Ireland
Grianna Redmond	H	FR	Meath, Ireland
Natalie Reid	D	FR	Ponte Vedre Beach, FL
Danielle Riley	H	SO	Miami, FL
Rikke Ronholt	H	SR	Allerod, Denmark
Nicole Singleton	MD	SR	Orlando, FL
Shannon Steele	ME	SO	Miami, FL
Michaela Steele	J	SO	Miami, FL
Ayana Townsend	H	FR	Wyncote, PA
Nadi Vlaun	D	SO	Big Pine Key, FL
Sara White	THR	FR	Port Charlotte, FL
Tiffany Williamson	D	FR	Jay, FL
Tangela Wobbleton	SP	FR	Stuart, FL

**KEY: J - Jumps; S - Sprints; H - Hurdles;**  
**MD - Middle Distance; T - Throws; HJ - High Jump;**  
**D - Distance; R - Relays.**





LINDSAY ADKINS

**LINDSAY ADKINS****Pole Vault****Year: Sophomore****Hometown: Pensacola, FL (Woodham HS)**

Will compete in the pole vault as the event makes its debut in women's track...has impressed coaches with her work ethic and is making the adjustment to the new event well...named to the All-ACC academic team last season...**Prep:** owns the high hurdle record at Woodham...qualified for regionals during senior year,

1997 Ontario High School Championships 3K...named senior athlete of the year in 1995-96...a three-time MVP of cross country and track teams...**Personal:** a social science education major...celebrates a June 22, 1978 birthday...a former athlete representative of the Niagara Olympic Club.

# WOMEN'S 1998 BIOS



TERESA BUNDY

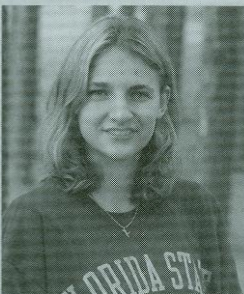
but did not participate due to injury...named the most outstanding senior girl...salutatorian of her class and a member of the Woodham Hall of Fame...**Personal:** plans to major in nursing...born July 31, 1978.

**TERESA BUNDY****Sprints****Year: Freshman****Hometown: Cleveland, OH (Cleveland Heights HS)**

True freshman who will have an opportunity to make an immediate impact with the graduation of several Lady Seminoles in the sprint events...reminds coaching staff of former FSU All-American Patrice Verdun...recorded high school times in the 100m and 200m that ranked among the top ten in the country...**Prep:** Ohio state champion in the 100m and 200m as a junior...also ran on high school state championship team as a member of the 4x100 and 4x200 relay teams as a junior...set the Ohio state record in the 55m (indoors) with a time of 7.12...selected FSU over numerous national track powers...**Personal:** plans to major in psychology...born on Valentine's Day, 1979...sister, Adrienne, ran track at Kentucky.

**SHELBY CANNON****Jumps****Year: Sophomore****Hometown: Centreville, VA (Centreville HS)**  
**Collegiate Bests: 55m (7.31), 100m (12.41), 200m (24.06), Long Jump (19-0), Triple Jump (38-9.75)**

Sophomore who will compete primarily in the long and triple jumps...gained experience and confidence in her first year of collegiate action...expected to have a strong season if she can stay injury-free...**1997:** finished fifth in the 55m (7.35) and 11th in the 200m (25.69) at the Barnett Bank Invitational...recorded marks of 12.41 (100m) and 18-0.25 (long jump) at the FSU Relays...ran 24.06 in the 200m to place sixth at the Florida Intercollegiate...triple jumped 38-9.75 (ninth) at the ACC Outdoors...finished fourth in the long jump at the Nike Twilight with a mark of 19-0...placed fifth in the long jump (19-0) and sixth in the triple jump (37-5.75) at the Seminole Twilight...**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.



CYNTHIA CAMPBELL

**CYNTHIA CAMPBELL****Distance****Year: Freshman****Hometown: St. Catharines, Ontario (Sir Winston Churchill HS)**

Outstanding distance prospect who spent the fall semester competing with the cross country team...gained valuable collegiate experience with each meet...FSU's fourth finisher at the ACC Cross Country Championships...expected to help the women's team pick up conference points in the distance areas...**Prep:** placed third at the 1996 Canadian Junior National 5K...finished 15th at the Canadian Junior National Cross Country Championships...placed sixth at the

**TONYA CARTER****Sprints****Year: Sophomore****Hometown: Douglasville, GA (Alexander HS)**  
**Collegiate Bests: 55m (7.07), 100m (11.85), 200m (24.72)**

Sophomore with the ability to compete for ACC and national honors this season in the sprints...will be called upon to lead a young group of Lady Seminole sprinters...a highly motivated athlete who enters the spring in top physical condition...**1997:** placed sixth in the 55m at the ACC Indoors with a collegiate best time of 7.07...finished third in the 100m (12.07) and eighth



SHELBY CANNON



in the 200m (25.14) at the Snowbird Invitational...ran 11.85 (100m) in a fifth place effort at the Florida Relays...took fifth at the Florida Intercollegiate in the 100m with a time of 12.16 and recorded a collegiate



best time of 24.72 in the 200m...placed ninth at the ACC Outdoors in the 100m (12.11)...**Prep:** set 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 MVP of her track team all four years at Alexander High...member of 4x100m relay team that finished second at the National Junior Olympics...**Personal:** enrolled in FSU's undergraduate studies program...born March 22, 1978.

## MARLEENA CROSBY

### Middle Distance

**Year: Junior**

**Hometown: Jacksonville, FL**  
(William Raines HS)

**Collegiate Bests: 400m (56.20), 800m (2:09.25)**

Junior expected to fill the shoes of graduated 800m All-American Erica Shepard...scored in the 800m in ACC competition in 1996 and '97...has shown steady improvement in the 400m and 800m...**1997:** advanced to the finals of the ACC Indoor 400m...placed third at the Snowbird Invitational with a collegiate best time of 56.20 in the 400m...ran 2:10.90 (fifth) at the FSU Relays in the 800m...recorded a collegiate best 2:09.25 in the 800m to take third at the Disney Invitational...finished seventh at the Florida Intercollegiate in the 800m with a time of 2:10.68... placed fourth (2:12.14) at the ACC Outdoors in the 800m... **1996:** finished second at the Clemson Invitational in the 800m (2:18)...placed third in the 800m at the Florida Intercollegiate with a time of 2:11.13...ran 2:14 at the ACC Outdoors in a fifth place effort in the 800m...**Prep:** Raines track MVP as a junior...named the most outstanding runner following sophomore and senior seasons...an all-conference selection as a sophomore, junior, and senior in track and cross country... **Personal:** plans to major in computer science...born on February 4, 1978.

## CHRISTINE DANIELS

### Jumps

**Year: Senior**

**Hometown: Orlando, FL (Winter Park HS)**  
**Collegiate Best: High Jump (5-10)**

The top high jumper for the Lady Seminoles who is coming off an outstanding 1997 season...expected to contend for the conference title and national

honors...also an excellent student with numerous All-ACC academic honors...**1997:** recorded a mark of 5-9.75 in a second place effort at the ACC/SEC Challenge...finished sixth at the ACC Indoors with a jump of 5-5.75...won the high jump at the FSU Relays with a collegiate best mark of 5-10...also took first at the Florida Intercollegiate (5-8)...placed second at the ACC Outdoors with a jump of 5-8...finished second at the Jesse Owens Classic (5-8)...placed either first or second in seven outdoor meets...top mark of 5-10 ranked 24th nationally following the outdoor season... **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 her best jump of the year (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... a two-time Burger King Track Award (1993 and '94) winner...Winter Park's jumper of the year in 1994...**Personal:** an accounting major... born September 29, 1976.

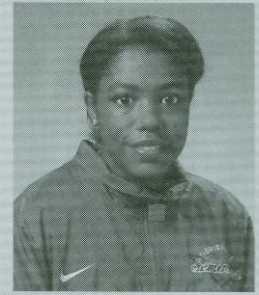
## MARY GASKINS

### Distance

**Year: Freshman**

**Hometown: Jacksonville, FL**  
(Bishop Kenny HS)

Freshman distance prospect who scored at the ACC Cross Country Championships for the Lady Seminoles...consistently one of FSU's top five cross country runners all season...key member of a young and improving women's distance team...**Prep:** lettered in cross country, track and swimming at Bishop Kenny...the 1996 *Florida Times-Union* runner of the year...an all-state selection in track and cross country over her last three years...a two-time state champion as a member of 4x800m relay team...state cross country runner-up as a junior and senior...an honor roll student who was also a class officer...**Personal:** plans to major in education...born July 5, 1979.



TONYA CARTER



MARLEENA CROSBY

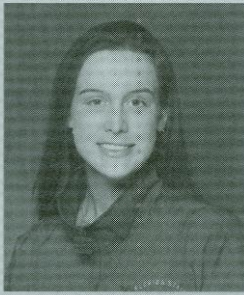


CHRISTINE DANIELS



MARY GASKINS





DIANA HARTNUP

**DIANA HARTNUP****Distance****Year: Sophomore**

**Hometown:** Sarasota, FL (Sarasota HS)  
**Collegiate Bests:** Mile (5:27.69), 1500m (4:52.24), 3K (10:48.68)

Sophomore who has shown significant improvement from a year ago...will be an integral part of FSU's future distance success...the second finisher at the ACC Cross Country Championships for the Lady

**CHINETTE JOHNSON****Multi-Events****Year: Freshman**

**Hometown:** Tallahassee, FL (Lincoln HS)

One of the best all-around freshman athletes to enroll at FSU in recent years...coaches believe she has the ability to contribute immediately in the long jump, triple jump and the 400m...will also participate in the heptathlon...has previously recorded bests of 40' in the triple jump, 5'7" in the high jump, a time of 56.25 in

the 400m and a heptathlon point total of 4551...**Prep:** won district and regional titles in the heptathlon as a

junior and senior...graduated with honors... placed seventh at Junior Nationals (heptathlon) following junior year...a Big Bend Athlete of the Year award winner...**Personal:** plans to major in engineering...born April 26 1979.

**JENNIFER MAYHUE****Sprints****Year: Freshman**

**Hometown:** Unionville, Ontario (Unionville HS)

A talented freshman sprint prospect from Canada... possesses great sprint range (100m, 200m, 400m)... comes to FSU with personal bests of 54.91 in the 400m, 24.82 in the 200m and 11.97 in the 100m... **Prep:** the Ontario 100m and 400m champion... Canadian 1995 Junior National Champion in the 400m...participated in basketball, volleyball and cross country as well as track...graduated with honors... chose FSU over Michigan, Iowa, Purdue and Seton Hall...**Personal:** a biology major...one of two FSU track team members from Ontario, Canada (Greg Jack - Eganville)...born November 22, 1978.

**LEKEISHA MOSE****Throws****Year: Junior**

**Hometown:** Richmond, VA (John F. Kennedy)  
**Collegiate Bests:** Discus (125-4), Shot (46-6.75), Hammer (156-9), Weight (54-5.25)

The top thrower on the Lady Seminole squad...a versatile performer who will be called upon to compete in the shot, discus, weight and hammer... holds the second best hammer throw in school history...**1997:** placed third in the weight (52-6) and fourth in the shot (46-0) at ACC Indoors...finished fifth in the weight at the Nike Fast Times with a toss of 54-5.25...took seventh (154-6) at the Florida Relays in the hammer...placed second in the hammer at the ACC

# WOMEN'S 1998 BIOS



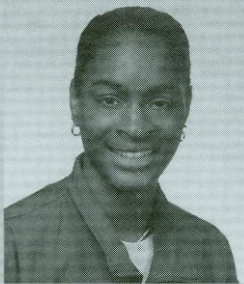
AYSHA HOUSE

Seminoles...has impressed coaches by adding strength and speed...**1997:** finished 11th at the Snowbird Invitational 3K with a time of 10:48.68...placed seventh in the 1500m at the FSU Relays in 4:54.24...recorded a time of 4:58.78 (11th) at the Florida Intercollegiate...**Prep:** set 15 track and cross country records at Sarasota High... MVP of both track and cross country teams during senior year...an honor roll student and National Honor Society member...a three-time all area selection for cross country...**Personal:** an education major...an escort runner for the Olympic Torch in 1996...celebrates a November 17, 1978 birthday.

**AYSHA HOUSE****Hurdles****Year: Freshman**

**Hometown:** Bradenton, FL (Manatee HS)

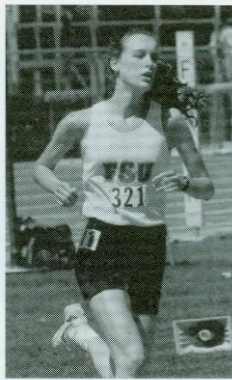
Freshman who is expected to contribute in the hurdles after making the transition to collegiate competition a year ago...named to the ACC honor roll...a member of the Dean's list since her arrival at FSU...**1997:** Red-shirted...**Prep:** a Junior Olympics cross country (5K) participant...lettered in track and cross country and captained both teams all four years...a Coca-Cola National Scholarship winner for the combination of community service, athletics, academics (50 given nationally)...**Personal:** plans to double major in communications and political science...career goal is to become governor of Florida...born April 23, 1978... member of FSU's student-athlete advisory council.



CHINETTE JOHNSON



JENNIFER MAYHUE





Outdoors with a throw of 156-9...**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 John F. Kennedy as a senior...**Personal:** majoring in studio art...born July 6, 1977.



## ZUZETTE MULLINGS

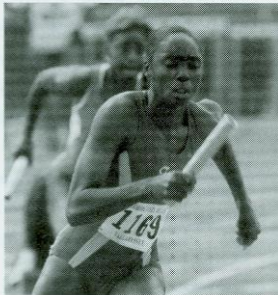
☆ALL-AMERICAN☆

### Sprints/Jumps

**Year: Sophomore**

**Hometown: Ellicott City, MD (Howard HS)**  
**Collegiate Bests: Long Jump (19-5.50), Triple Jump (40-8.25), 200m (24.50), 400m (56.20)**

Sophomore who ran on seventh place 4x100m relay team at last year's NCAA Outdoor Championships...increased physical strength will be a benefit as she enters national sprint contention...has experience in the jumps, relays and sprints... **1997:** placed sixth in the long jump (19-4.25) and in the triple jump (40-4.75) at the ACC Indoors...finished fifth at the Nike Fast Times in the long jump with a mark of 19-5.50...won the triple jump (39-3.25), took second in the long jump (18-9.75) and placed third in the 400m (56.20) at the Snowbird Invitational...finished third in the long jump at the Disney Invitational at 19-2.25...triple jumped 37-8.25 at the Florida Intercollegiate in a third place effort...placed fourth in the triple jump (40-8.25) and sixth in the long jump (18-7.25) at ACC Outdoors...won the 200m at the Jesse Owens Invitational in 24.50...recorded a triple jump of 40-4 (third) at the Seminole Twilight...member of 4x100m relay team that placed seventh at the NCAA Outdoors with a time of 44.89... **1996:** Redshirted...**Prep:** standout high school career in Maryland...an all-county in both indoor and out-door seasons as a senior at Howard High School...**Personal:** a business major...born June 3, 1976.



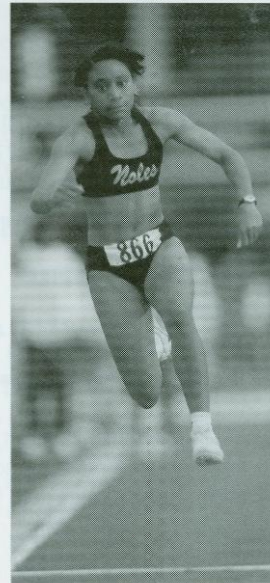
## TERITA NORTON

### Jumps

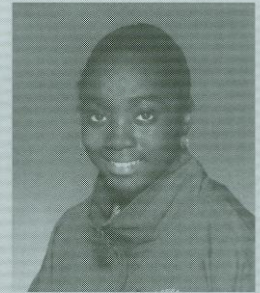
**Year: Junior**

**Hometown: Tampa, FL (King HS)**  
**Collegiate Bests: Long Jump (17-10.50), Triple Jump (35-10.75)**

Experienced jumper who has shown improvement each season in both the long and triple jumps...may also run the hurdles this season...an ACC Honor Roll member...**1997:** finished seventh at the Snowbird Invitational in the triple jump (17-9.50)...placed 10th in the long jump (17-3.50) and fifth in the triple jump (34-9) at the FSU Relays...took 10th at the Florida Intercollegiate in the long jump with a mark of 17-10.50... long jumped 17-4.75 (11th) and triple jumped 35-11.50 (15th) at ACC Outdoors...closed the season at the Seminole Twilight with marks of 17-6 in the long jump (eighth) and 35-10.75 in the triple jump (seventh) at the Seminole Twilight...**Prep:** named MVP of track team as a senior...placed eighth at state in the long jump (second at regionals) as a senior...captain of cheerleading squad...graduated in the top 10% of her class with a 4.33 GPA...also an NHS member...**Personal:** an electrical engineering major.. born April 15,1977...twin sister, Terri, also attends FSU...active in several clubs on campus.



LAKEISHA MOSE



ZUZETTE MULLINGS



TERITA NORTON



FIONA NORWOOD

## FIONA NORWOOD

### HURDLES

**Year: Freshman**

**Hometown: Kilkenny, Ireland (Presentation Convent)**

Freshman intermediate hurdler with outstanding potential...possesses solid hurdling fundamentals...will give the Lady Seminoles another talented athlete behind Rikke Ronholt in the 400m hurdles...**Prep:** clocked times of 55.45 in the 400m, 43.80 in the 300m hurdles and 1:00.85 in the 400m hurdles...comes to FSU with high credentials from Irish competition...**Personal:** majoring in economics...celebrates a September 8, 1978 birthday.





NATALIE REID

**GRIANNE REDMOND****Hurdles****Year: Freshman****Hometown: Meath, Ireland  
(Dominican College)**

Freshman expected to contribute in the sprint hurdles this season...exhibits great technique in the hurdles... one of several young hurdlers in the battle to fill the top 100m hurdle spot left by the graduation of NCAA qualifier Kristen Thorne...**Prep:** recorded personal

**RIKKE RONHOLT****☆ALL-AMERICAN☆****Hurdles****Year: Senior****Hometown: Denmark (Allerød Gymnasium)****Collegiate Bests: 400m Hurdles (57.30), High Jump (5-6),  
400m (54.53), 800m (2:06.43)**

All-American member of last year's 4x400m relay team... an NCAA qualifier in the 400m hurdles...stands third on FSU's all-time 800m list and fifth on the all-time 400m

hurdles list... versatile athlete who has the ability to compete in several events...ran in the World

Championships for Denmark (400m hurdles)...**1997:** ACC Indoor 800m runner-up to teammate Erica Shepard with a time of 2:12.80...placed first at the Snowbird Invitational in the 400m (54.68) and in the 400m hurdles (58.08)...ran anchor leg of 4x400m relay team that recorded NCAA auto-matic qualifying time of 3:31.92 in edging out LSU for the FSU Relays title...added another FSU Relays title by winning the 400m hurdles (58.43)...finished third in the Florida Intercollegiate 800m with a time of 2:06.43... placed fourth in the 400m hurdles (1:01.16) at the Disney Invitational...took second in the 400m hurdles (57.80) and fifth in the 400m (54.22) at the ACC Outdoors...set a collegiate best in the prelims of the 400m hurdles at 57.30... won the 400m hurdles at the Jesse Owens Classic in 59.2...picked up another victory in the 800m at the Seminole Twilight (2:06.65)...**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 NCAA Outdoors 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 as a standout in several events...**Personal:** majoring in international affairs...born on January 1, 1976...father represented Ghana in Olympics twice (200m and 400m).

**NICOLE SINGLETON****Distance****Year: Senior****Hometown: Orlando, FL (Oak Ridge HS)****Collegiate Bests: 800m (4:37.30), 1,500m  
(4:39.42), 3,000m (10:27.64)**

Senior who needs to make a commitment to realizing her talent potential...the top runner for the Lady Semi-

# WOMEN'S 1998 BIOS

bests of 14.12 in the 100m hurdles and 24.70 in the 200m...gained experience as one of Ireland's top track performers...**Personal:** a nutrition and fitness major...born December 11, 1978.

**NATALIE REID****Distance****Year: Freshman****Hometown: Ponte Vedra Beach, FL (Nease HS)**

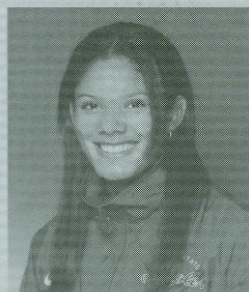
Another freshman member of Lady Seminole distance team that must make the adjustment to collegiate track...Florida State's third finisher at the ACC Cross Country Championships...consistently one of FSU's top cross country scorers during the fall...**Prep:** A five-time all-state performer in track...holds nine school records in track and cross country...named team MVP for track and cross country as a junior and a senior...an all-city selection in cross country (three years) and track (two years)...won the class 5A cross country regional title in '95 and runner-up in '96...a FACA all-state soccer selection in '95 and all-district in '95 and '96... named a FHSCA scholar athlete following senior year...**Personal:** plans to major in education... celebrates a November 12, 1979 birthday.

**DANIELLE RILEY****Hurdles****Year: Freshman****Hometown: Miami, FL (Miramar HS)**

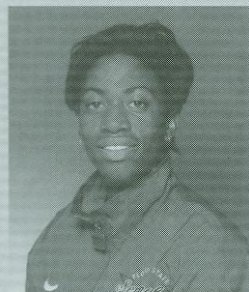
Young hurdler who redshirted during her first year at Florida State...needs to gain experience in collegiate competition and work on technique...**1997:** Red-shirted...**Prep:** named track team captain as a senior at Miramar...a four-year member of academic honor roll...**Personal:** plans to major in English with an emphasis on business...celebrates a September 24, 1977 birthday.



DANIELLE RILEY



RIKKE RONHOLT



NICOLE SINGLETON



noles at the ACC Cross Country Championships (33rd overall)...**1997**: placed second with a time of 5:00.61 at the Barnett Bank Invitational in the mile...finished 10th at the ACC Indoors in the mile (5:23.85)...clocked in at 2:11.10 at the Snowbird Invitational in a second place effort...placed fourth at the Disney Invitational in the 1500m with a collegiate best time of 4:37.30...ran 10th at the ACC Outdoors in the 1500m (4:38.96)...finished fourth at the Nike Twilight in 2:09.99...**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.



## MICHAELA STEELE

### Jumps

**Year: Sophomore**

**Hometown: Springs, FL (Marjory Stoneman Douglas HS)**

**Collegiate Best: High Jump (5-5.75)**

A returning conference scorer in the high jump...coaches expect her to have a breakthrough 1998 season...**1997**: took third at the Barnett Bank Invitational in the high jump with a mark of 5-4.50...placed eighth at the ACC Indoors (5-5.75)...jumped 5-4.25 in a second place effort at the Snowbird Invitational...scored again at the ACC Outdoors (fifth) with a jump of 5-4.25...**Prep**: won the state championship in the high jump (5-6) as a senior...also won city, district and regional titles...advanced to regionals in the triple jump...participated in the Junior Olympics, placing 12th in the high jump following her senior year...ran cross country...**Personal**: pursuing a degree in speech pathology...roommate and teammate of twin sister, Shannon...born November 15, 1978.

## SHANNON STEELE

### Multi-Events

**Year: Sophomore**

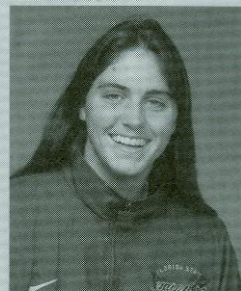
**Hometown: Miami, FL (Marjory Stoneman Douglas HS)**

**Collegiate Bests: High Jump (5-7.75), Javelin (130-1)**

The lone returnee for the Lady Seminoles in the javelin...a conference scorer in the high jump...**1997**: finished fourth at the ACC Indoors with a collegiate best high jump of 5-7.75...placed seventh in the high jump (5-2.25) and in the javelin (130-1) at the FSU Relays...threw the javelin 111-5 (12th) and high jumped 5-0.25 (11th) at the ACC Outdoors...**Prep**: Placed second in the state high jump to Michaela as a senior (same height with one more attempt)...a Junior Olympics participant...also ran cross country...**Personal**: major is undecided...roommate and teammate of twin sister, Michaela...celebrates a November 15, 1978 birthday.



MICHAELA STEELE



SHANNON STEELE

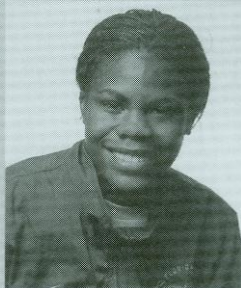
## AYANA TOWNSEND

### Hurdles

**Year: Freshman**

**Hometown: Wyncote, PA (Sheltenham HS)**

Freshman with the ability to become an outstanding collegiate hurdler...comes to FSU with excellent high school credentials...will have the opportunity to gain experience early as the FSU women begin the season with a very young squad...**Prep**: set the Pennsylvania state record in the 300m hurdles...an all-american as a junior...won the state championship in the 300m hurdles and the 100m hurdles as a senior...**Personal**: plans to major in biology...celebrates a May 7, 1979 birthday.



AYANA TOWNSEND

## TANGELA WOBBLETON

### Sprints

**Year: Freshman**

**Hometown: Stuart, FL (Martin County HS)**

Another talented freshman sprinter in this year's class...one of the top high school 400m runners...has shown coaches signs of being a strong competitor...**Prep**: recorded times of 55.0 (400m), 24.40 (200m) and 11.77 (100m) during her high school career...won every conference, district and regional meet in the 100m, 200m, 400m in her four years at Martin County...a three-year state champion in the 400m...a three-time *Stuart News* athlete of the year honoree...finished in the top five in three state events (100m, 200m and 400m) as a junior...graduated with honors...selected FSU over Clemson, LSU and Columbia...**Personal**: plans to major in voice therapy...trains in the off season with her father, Mance...born October 15, 1978.



TANGELA WOBBLETON





INDIANAPOLIS, INDIANA

**DIVISION I  
INDOOR TRACK**

# WOMEN'S 1998 NCAA

## QUALIFYING MARKS

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.83	-	6.92	-
60 Meters	7.33	-	7.42	-
55-Meter Hurdles	7.70	-	7.84	-
60-Meter Hurdles	8.23	-	8.37	-
200 Meters				
(Under 200m/ 220 yds)*	23.98	-	24.45	-
(200m/220 yds)*	23.78	-	24.25	-
(Over 200m/ 220 yds)*	23.58	-	24.05	-
400 Meters				
(Under 200m/ 220 yds)*	53.70	53.4	55.50	55.2
(200m/220 yds)*	53.40	53.1	55.20	54.9
(Over 200m/ 220 yds)*	53.10	52.8	54.90	54.6
800 Meters				
(200m/ 220 yds or less)*	2:07.50	2:07.2	2:10.50	2:10.2
(Over 200m/ 220 yds)*	2:07.10	2:06.8	2:10.10	2:09.8
Mile#				
(200m/220 yds or less)*	4:42.50	4:42.2	4:51.00	4:50.7
(Over 200m/ 220 yds)*	4:41.80	4:41.5	4:50.30	4:50.0
3,000 Meters#				
(200m/220 yds or less)*	9:24.00	9:23.7	9:47.00	9:46.7
(Over 200m/ 220 yds)*	9:22.90	9:22.6	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

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
(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 Relay-Meters#				
(200m/220 yds or less)*	11:20.00	11:19.7	11:38.00	11:37.7
(Over 200m/ 220 yds)*	11:18.00	11:17.7	11:36.00	11:35.7
Distance Medley Relay-Yards#				
(200m/220 yds or less)*	11:24.20	11:23.9	11:42.20	11:41.9
(Over 200m/ 220 yds)*	11:22.20	11:21.9	11:40.20	11:39.9
<b>Event</b>	<b>METRIC</b>	<b>METRIC</b>		
High Jump	1.86	1.77		
Pole Vault	4.10	3.40		
Long Jump	6.34	6.05		
Triple Jump	13.15	12.60		
Shot Put	16.10	14.55		
20-Pound Weight	19.20	16.70		

\*-Size of track.

#-Altitude adjustment available.



**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	51.30	1993	Nelrae Pasha, Georgia Tech
Collegiate Record	49.91	1984	Marita Payne-Wiggins, FSU

**800 Meter Run**

FSU Outdoor Record	2:03.54	1997	Erica Shepard
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, OR

**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	8:37.25	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 T.C.
ACC Outdoor Record	15:33.43	1983	Betty Jo Springs, N.C. State
Collegiate Record	15:07.56	1985	Kathy Branta, 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, FSU
ACC Outdoor Record	13.07	1996	LaTasha Colander, UNC
Collegiate Record	12.61	1988	Gail Devers, UCLA

**400 Meter Hurdles**

FSU Outdoor Record	53.98	1991	Kim Batten
Mike Long Track Record	56.08	1984	Angela Wright-Scott, Bud Light T.C.
ACC Outdoor Record	56.86	1992	Rebecca Russell, UNC
Collegiate Record	53.47	1984	Janeen 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	44.11	1997	North Carolina
Collegiate Record	42.50	1989	LSU

**4 X 400M Relay**

FSU Outdoor Record	3:27.72	1984	Davis, Cliette, Givens, Payne
Mike Long Track Record	3:32.70	1996	Edwards, Embon, Shepard, Danvers, FSU
ACC Outdoor Record	3:31.18	1996	FSU
Collegiate Record	3:27.53	1992	Florida

# WOMEN'S RECORDS

**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	22-1 3/4	1994	Marion Jones, UNC
Collegiate Record	23-9	1985, 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	44-2	1996	Nicole Gamble, UNC
Collegiate Record	46-0 3/4	1990	Sheila Hudson-Strudwick, CA

**High Jump**

FSU Outdoor Record	6-1 3/4	1983	Wendy Markham
Mike Long Track Record	6-2	1992	Trisha Waller, NC, Bridgette Reid, Canada
ACC Outdoor Record	6-3 1/2	1987, 1992	Kathy Harrison, GA Tech, Tisha Waller, UNC
Collegiate Record	6-6	1992	Amy Acuff, UCLA

**Shot Put**

FSU Outdoor Record	49-5 1/2	1996	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**

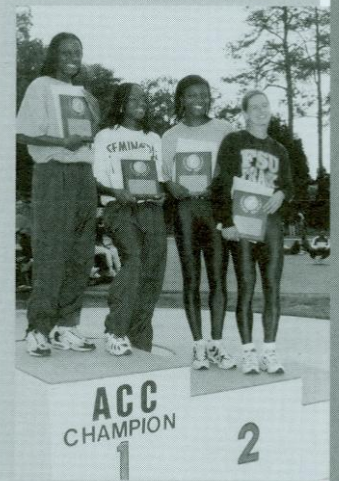
FSU Outdoor Record	162-6	1995	Cathy Erickson
Mike Long Track Record	189-3	1986	Kathy Landry, Alabama
ACC Outdoor Record	181-0	1993	Lynda Lipson, NoC
Collegiate Record	221-5	1983	Meg Ritchie, Arizona

**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, NC
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

### 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

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. Yashiva Edwards	23.27	1997
7. Casey Custer	23.29	1996
8. Janet Davis	23.36	1987
9. Sheryl Covington	23.39	1993
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. Sophia Danvers	52.18	1997
5. Janet Davis	52.37	1987
6. Kim Batten	52.53	1991
7. Angela Wright	52.61	1982
8. Yashiva Edwards	52.64	1997
9. Randy Givens	52.80	1984
10. Janet Levy	53.47	1985

### 800 Meters

1. Erica Shepard	2:03.54	1997
2. Orvill Dwyer-Brown	2:04.90	1982
3. Rikke Ronholt	2:06.43	1997
4. Scooby Golden	2:06.60	1983
Angela Harris	2:06.60	1992
6. Nancy Rettie	2:07.04	1985
7. Maria Embon	2:07.10	1997
8. Janet Wood	2:07.20	1981
Kelley Hackler	2:07.20	1985
10. Rose Giampalmo	2:07.96	1978

### 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. Kristen Thorne	13.73	1997



**400 Meter 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	57.30	1997
6. Radhiya Teagle	57.72	1995
7. Kristen Thorne	58.06	1997
8. Carmellia Shivers	58.55	1991
9. Chris McKay	58.86	1985
10. Kim Stephens	58.98	1992

**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
Zuzette Mullings	19'2 1/2"	5.85	1997

**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
Zuzette Mullings	40'8 1/4"	12.40	1987
6. Felicia Evans	40'3 1/4"	12.27	1994
7. 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. Christine Daniels	5'10"	1.78	1997
5. Carmelia Shivers	5'9"	1.75	1990
6. 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"	13.92	1982
7. Andrea Pappas	44'5 1/2"	13.55	1997
8. Tonya Grannemann	42'3"	12.88	1992
9. Carolyn Darville	41'10 1/2"	12.76	1983
10. Latoshia Crews	39'2 1/2"	11.95	1986

**Discus**

1. Shannon Cook	162'6"	45.59	1997
2. Cathy Erickson	153'6"	46.79	1995
Andrea Pappas	153'6"	46.79	1997
3. Tonya Granneman	150'5"	45.86	1990
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	157'6"	48.01	1997
2. Lakeisha Mose	156'9"	47.78	1997
3. Laura Goens	135'5"	41.18	1997

**Heptathalon**

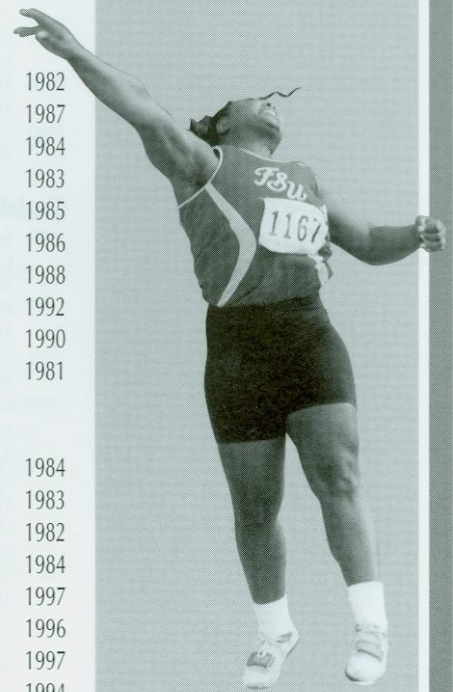
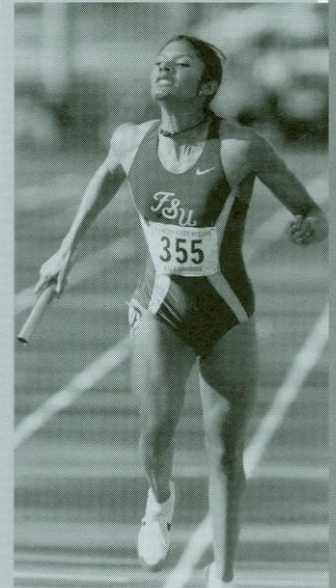
1. Carmellia Shivers	5410	1991
2. Kim Stephens	5251	1991
3. Kim Mann	5143	1990
4. Candi Odom	4911	1991
5. Latoshia Crews	4900	1985

**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, Edwards, Embon, Ronholt	3:30.17	1997
6. Danvers, Embon, Shepard, Edwards	3:31.18	1996
7. Embon, Edwards, Shepard, Ronholt	3:31.92	1997
8. Danvers, Teagle, Shepard, Covington	3:33.44	1994
9. Levy, Thompson, Davis, Curry	3:34.07	1987
10. Wright, Golden, Wood, Payne	3:34.80	1981





## 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

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

# WOMEN'S ALL-AMERICANS



- Borovicka, Orrill Dwyer-Brown, Margaret Coomer-4X800 (1st); Alice Bennett, Randy Givens, Marita Payne, Janette Wood-4X200 (2nd); Tonya Brown, Orrill 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); Orrill 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); Trinette Johnson- Long Jump (8th)
- 1996 Erica Shepard-800m (7th), Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard-4x400 (2nd)
- 1997 Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard-4x400 (4th)

## 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- 800m Medley Relay, (6th) Marita Payne, Angela Wright, Janette Wood- 4X400 (4th)
- 1982 Alice Bennett- Long Jump (8th); Tonya Brown- 100m 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); Orrill Dwyer-Brown, Randy Givens, Marita Payne, Angela Wright- 4X400 (2nd); Alice Bennett, Randy Givens, Marita Payne, Angela Wright- 4X100 (2nd)
- 1983 Orrill Dwyer-Brown- 400m IH (8th); Brenda Cliette-100(3rd), 200m (4th), Randy Givens- 100m (6th), 200m (3rd); Wendy Markham- High Jump (2nd); Marita Payne-200m (6th), 400m (5th); Angela Wright- 400m IH (3rd); Brenda Cliette, Randy Givens, Marita Payne, Angela Wright- 4X100 (1st); Brenda Cliette, Randy Givens, Marita Payne, Angela Wright- 4X400 (1st)
- 1984 Orrill Dwyer-Brown-400m IM hurdles (8th); Brenda Cliette- 100 (2rd), 200m (2nd); Janet Davis- 200m (6th); Michelle Finn- 100m (4th); Randy Givens- 100m (1st),

IH (2nd); Carmelia Shivers- Heptathlon (9th); Patrice Verdun, Lida Horton, Trinette Johnson, Kim Batten-4X100 (4th)

- 1991 Holly Kelly- high jump (4th); Carmelia Shivers- heptathlon (10th); Kim Batten- 100m (4th), 400m IH (3rd); Andi Lyons, Sheryl Covington, Verdun, Kim Batten- 4X100 (6th)
- 1992 Trinette Johnson- Long Jump (6th); Patrice Verdun- 200m (9th); Trinette Johnson, Patrice Verdun, Andi Lyons, Sheryl Covington- 4X100 (7th)
- 1993 Trinette Johnson- Long Jump (7th)
- 1994 Sheryl Covington- 400m (5th); Sheryl Covington, Sophia Danvers, Erica Shepard, Radhiya Teagle- 4X400 (8th)
- 1996 Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard-4X400 (2nd)
- 1997 Casey Custer, Sophia Danvers, Yashiva Edwards, Zuzette Mullings-4X100 (7th); Sophia Danvers, Yashiva Edwards, Maria Embon, Rikke Ronholt-4X400 (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

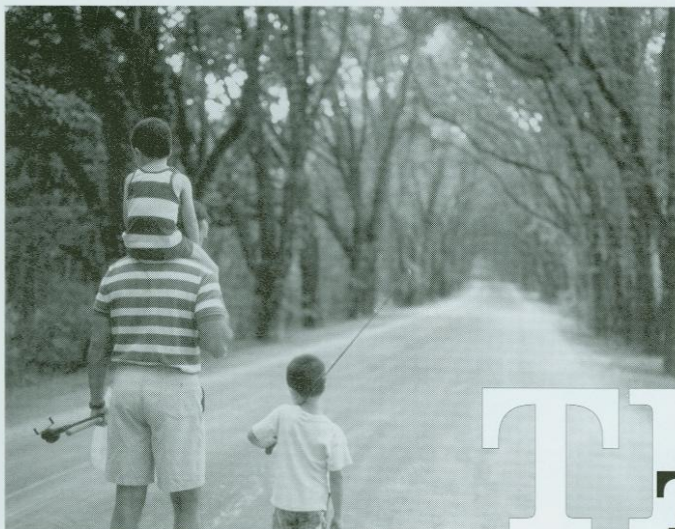
## NCAA Championship Relay Teams

- 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 Janet Wood, Orrill 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) 400m IH (Silver)
- 1992 Barcelona, Michelle Finn (United States) 4x100 (Gold Medal)
- 1988 Seoul, Marita Payne (Canada) 400m
- 1984 Los Angeles, Marita Payne (Canada), 400m (4th) 4x100 (Silver), 4x400 (Silver) Randy Givens (United States) 200m (6th) Esmeralda Garcia (Brazil) - 100m, Long Jump  
Brenda Cliette (United States) 4x100 (alternate) Angela Wright-Scott, Orrill Dwyer-Brown (Jamaica) 400m Hurdles





climate and lifestyle. Accentuating Tallahassee's Southern persona are lush rolling hills, liken 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

# 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 powwows, plantations, politics and great pride. Often described as "The Other Florida" with its deep-rooted history, rolling hills, canopy roads of mass-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,

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 political 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 of the 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 1880's 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,

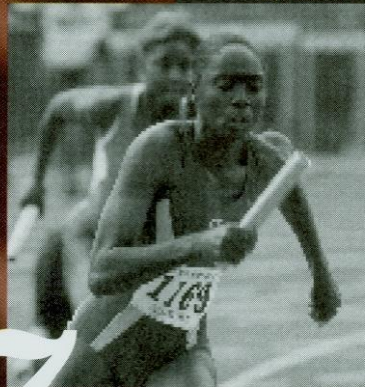
Goodwood Plantation and Adams Street Commons. Nearby, alligators lazing in the sunshine and anhinga "snake birds" perched on twisted cypress branches are seen at Wakulla Springs, one of the world's deepest freshwater springs and site of many underwater scenes in the "Tarzan" movies with Johnny Weissmuller 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 forest 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 national-ranked college teams of Florida State Seminoles, Florida A&M Rattlers and Tallahassee Community College Eagles along with the area's professional teams; the Tallahassee Tiger Sharks of the East Coast Hockey League and the Tallahassee Scorpions' indoor soccer team. 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. Tallahassee is teeming with entertainment from stadium seating in its multiplex cinemas to live theatre, Jazz- and Shakespere-in-the-Park, poetry reading in coffee houses and eating establishments that cater to the broadest range of cultural palettes. Cultural interests are further sparked by widely-acclaimed museums and galleries and more 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.





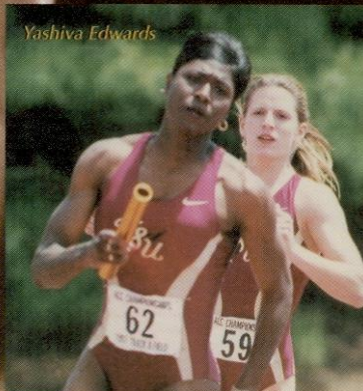
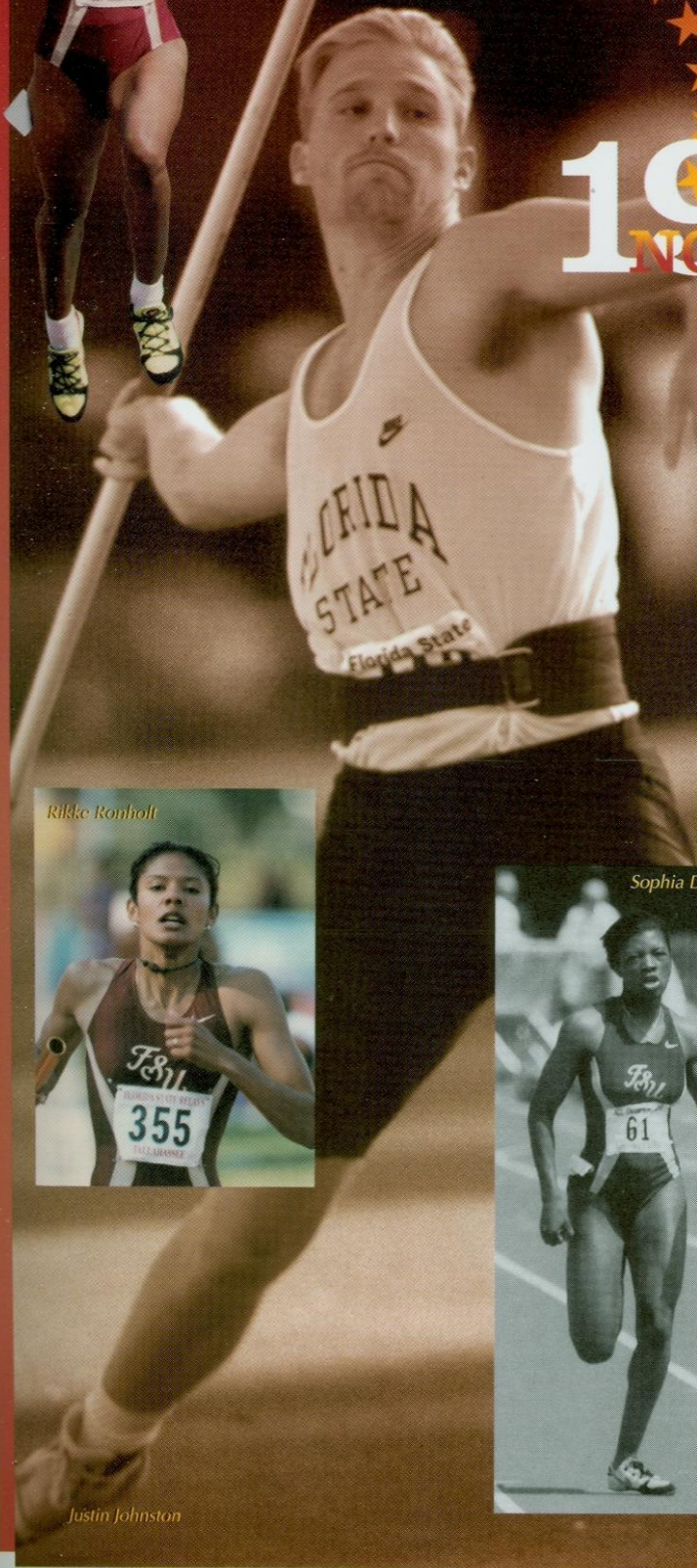


Maria Embon



Zuzette Mullings

# 1997 NCAA ALL-AMERICANS



Yashiva Edwards

**Justin Johnston**  
Javelin

**Casey Custer**  
4x100m (Outdoor)

**Sophia Danvers**  
4x400m (Indoor & Outdoor), 4x100m (Outdoor)

**Yashiva Edwards**  
4x400m (Indoor & Outdoor), 4x100m (Outdoor)

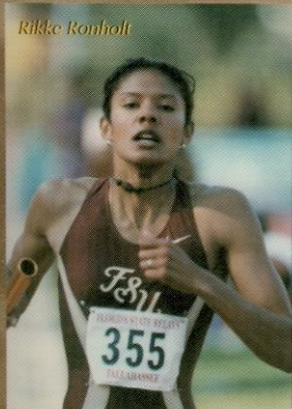
**Maria Embon**  
4x400m (Indoor & Outdoor)

**Zuzette Mullings**  
4x100m (Outdoor)

**Rikke Ronholt**  
4x400m (Outdoor)

**Erica Shepard**  
4x400m (Indoor)

Erica Shepard



Rikke Ronholt



Sophia Danvers

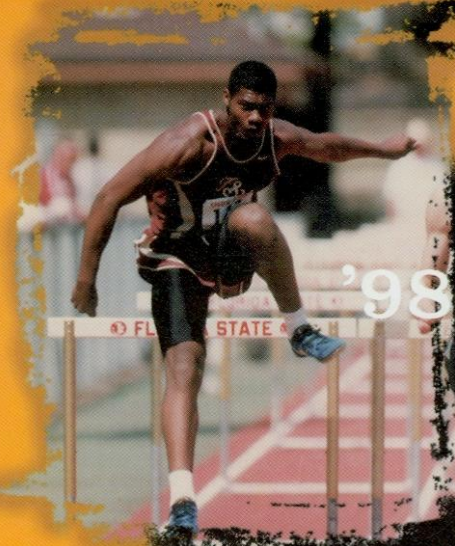


Casey Custer



Justin Johnston





# '98 SCHEDULE

TRACK & FIELD

## INDOOR

January 15	Florida Invitational	Gainesville, FL
January 24	Arkansas State Invitational	Jonesboro, AR
January 31	SEC vs. ACC Challenge	Gainesville, FL
February 7	Barnett Bank Invitational	Gainesville, FL
February 22-23	ACC Indoor Championships	Lynchburg, VA
February 28	TBA	
March 6-7	USAT&F Indoor Championships	Atlanta, GA
March 13-14	NCAA Indoor Championships	Indianapolis, IN

## OUTDOOR

March 14	FAMU Relays	Tallahassee, FL
March 18-21	FSU Relays	Tallahassee, FL
March 27-28	Florida Relays	Gainesville, FL
April 4	Georgia Tech Invitational	Atlanta, GA
April 11	Florida Intercollegiate	Orlando, FL
April 17-18	ACC Outdoor Championships	Orlando, FL
April 23-25	Penn Relays	Philadelphia, PA
May 2	Florida/Nebraska/FSU Tri-Meet	Gainesville, FL
May 9	Seminole Twilight	Tallahassee, FL
May 16	TBA	
May 23	Reebok - Griffin Invitational	Atlanta, GA
June 3-6	NCAA Outdoor Championships	Bloomington, IN
June 17-21	USAT&F Sr. National Championships	New Orleans, LA
June 26-27	USAT&F Jr. National Championships	Edwardsville, IL

