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Florida State Lady Seminole  
**Track and Field**  
1981

# 1981 TRACK AND FIELD SCHEDULE

## INDOOR SEASON

Date	Meet	Place
Jan. 31	LSU Invitational.....	Baton Rouge, La.
Feb. 14	Montgomery Invitational.....	Montgomery, Ala.
Feb. 21	Baton Rouge Invitational.....	Baton Rouge, La.
Mar. 13	AIAW Indoor Nationals.....	Pocatello, Ida.

## OUTDOOR SEASON

Date	Meet	Place
Mar. 16	FSU Triangular .....	Tallahassee, Fla.
Mar. 21	Lady Gator Relays.....	Gainesville, Fla.
Mar. 28	Georgia Invitational.....	Athens, Ga.
Apr. 3 & 4	Texas Relays.....	Austin, Tex.
Apr. 18	Alabama—Troy State.....	Panama City, Fla.
Apr. 24	Lady Seminole Invitational.....	Tallahassee, Fla.
May 1	Florida Dual.....	Tallahassee, Fla.
May 9	Georgia Spec Invitational.....	Athens, Ga.
May 16	AIAW Qualifying Meet.....	Charlottesville, Va.
May 30	AIAW Nationals.....	Austin, Tex.
June 13	T.A.C. Nationals.....	Walnut, Ca.

All Times To Be Announced

### ON THE COVER

One of the strengths of the 1981 Florida State women's track squad is its relay teams. From right to left, Gale Grant, Kathy Van Huele, Angie Wright, Margaret Coomber, Debra Seiler, Janette Wood, Marita Payne, Randi Givens and Esmeralda Garcia. The photograph was shot by Roger Smith, who's also head coach of the squad.

# WOMEN'S TRACK AND FIELD GUIDE

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### FLORIDA STATE UNIVERSITY

Location .....	Tallahassee, FL
Nickname .....	Seminoles
Colors.....	Garnet and Gold
Enrollment .....	22,500
President.....	Dr. Bernard F. Sliger
Athletic Director .....	Hootie Ingram
Women's Athletic Director.....	Barbara Palmer
Assistant to the Director.....	Terry Hume
Assistant to the Director.....	Jo Heath
Academic Advisor.....	Trudy Raybun
Equipment and Travel Coordinator.....	Judy Spainhour
Trainer .....	Tamara Oliner
Sports Information Director.....	Mark Carlson
Assistant Sports Information Director.....	Glenn Greenspan
Assistant Sports Information Director.....	Lisa Morton
Sports Information Phone.....	904/644-4038
Head Track Coach.....	Roger Smith
Assistant Track Coach.....	Gary Winckler
Assistant Track Coach.....	Kim Kemp
Track Phone .....	904/644-1431





**The Sprinters . . .**

## **1981 OUTLOOK**

The day Roger Smith became the head women's track coach at Florida State, phones around the country started ringing. Five minutes after Smith had accepted the job, he had already made his first recruiting call on behalf of Florida State.

And because of perhaps the finest recruiting year in the history of FSU women's track, Smith can feel comfortable saying "we feel our presence will be known at nationals this year." He says that even though the 1980 FSU squad did not score a point at nationals a year ago.

"There are too many 'ifs' to predict where we might finish," says the first-year coach. "On paper, we look good but we're not running on paper. We've got to do that out on the track."

Much of Smith's confidence lies in his sprinting and hurdling teams. "We have a strong sprinting team up through the half-mile," he says. "We think we have as much depth as anyone in the country." With Smith's fine recruiting of assistant coach Gary Winckler to coach these events, he feels all the more confident.

Start with Esmeralda Garcia, the number one sprinter in South America and a native of Brazil. Move on to Marita Payne — she also crossed a foreign border to run for Smith. She hails from Ontario where she was a member of the Canadian World Cup team. And Randy Givens is a United State's high school product from Amityville, N.Y. She finished fifth in the nation in the AAU 200 meters in 1980.

A fine sophomore class of Angela Wright, Debbie Moss and Alice Bennett also adds depth to the sprinting events.

More strength lies in the hurdling events. Junior Tonja Brown was the region champion in both the 100 and 400 meter hurdles for FSU last season. Senior transfer Jeannette Bradley came south from the University of Wyoming. In 1978, she was the NJCAA 400 meter hurdle champion at Hillsborough Community College. Add Kathy VanHeule from Worland, Wy., who won five events in the Wyoming high school state track meet last year and Almetha Roland, the Florida state record holder in the 300 meter hurdles at Miami Jackson High School, and the hurdles have to be the least of Smith's worries.

The middle distance events, from the half-mile to the 1,500 meters, will be handled by Janette Wood, Gale Grant, Margaret Coomber, Debbie Kemp, Beverly Cox, Angela Wright and Debbie Seiler.

Coomber, a 29-year old freshman from London, England, should carry FSU in the half-mile where she is ranked among the top 30 women in the world. Grant, Wood and Kemp were all members of the cross country squad.

Another member of the cross country squad, Darien Andreu, is the defending region champion in the 3,000 and 5,000 meter runs. She'll be the favorite again this spring and also carries FSU's best hopes in the 10,000 meters.

If the ladies have a glaring weakness, it would have to be in the field events, especially the throwing events.

Jane Arnall, a freshman from Englewood, Fla., and Tina Rhoades, a sophomore who lists Naples, Fla. as home, will provide the one-two punch in the discus and shotput.

The long jump will feature two converted sophomore FSU basketball players, Dawn Shields and Scooby Golden, along with Alice Bennett, VanHeule, Garcia and Brown who will double over from their sprinting and hurdling events.

Smith and Co. may find problems in the javelin and high jump where no one has distinguished themselves as an exceptional talent.

Smith's relay teams should also fare well this year. The 4 x 100 meter relay of Garcia, Payne, Givens and VanHeule or Bennett looks promising. Perhaps the strongest relay will be the 4 x 400 meters where Smith can choose from Wood, Wright, Moss, Payne, Seiler, Brown, Bradley or Roland.

The two-mile relay should make a mark for itself too. Smith will have a crew of seven runners to pick from — Coomber, Wright, Cox, Wood, Seiler, Kemp and Grant — for this one.

Both the indoor and outdoor schedules are geared towards the Texas Relays (April 3-4), AIAW Nationals (May 30) and the AAU Nationals (June 13).

"It is our major intention to get ready for these three meets," says Smith. "We also want to do well against those Florida Gators and we're hoping to make our Lady Seminole Invitational a big event too. But the other three meets are the big ones for us."

While Smith reiterates his wishes to make his team's presence felt at nationals, he has another goal in mind for his squad. "We would like to break every existing school record in the books now," he says. "With the talent we have this year, we think it is within our realm of possibilities."

If recruiting good athletes goes hand in hand with winning, then Roger Smith should see his squad have a successful season. It all started back in May when the phones started ringing.



**The Hurlers . . .**



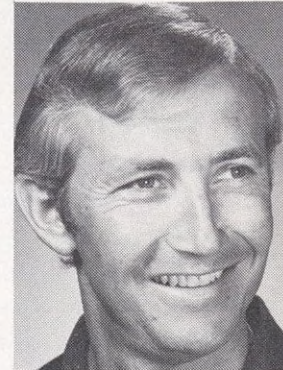
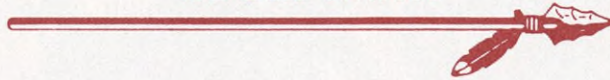
**Middle Distance . . .**

# FLORIDA STATE COACHING STAFF



**Head Coach**

**ROGER SMITH**



Winning seems to follow Roger Smith around the country. After establishing winning programs at El Monte (Calif.) High School, Clackamas (Ore.) Community College and the University of Wyoming, Smith has headed southeast to Florida State for yet another challenge.

"I have always maintained that there are three areas in the country – Florida, Texas and California – where a coach can build teams of national championship caliber," Smith says. "The climate is conducive to year-round training and that gives us a jump on some of the other schools. With the backing of our administration, we are committed to the goal of producing a national caliber program here at Florida State."

At El Monte High School, Smith took a program that had not won a dual meet in 63 attempts and won the Pacific League Championship in two years.

Smith's next move took him to Clackamas where he won the national championship in cross country and track and field in his first year of coaching (1977). Over a three-year period, his teams compiled a 51-1 record in cross country and a 119-4 record in track and field. Five of his cross country athletes and 19 track athletes achieved All-America status.

Before arriving on the FSU campus, Smith spent a year at the University of Wyoming. His cross country, indoor track and outdoor track squads all qualified for nationals, with indoor finishing 24th in the nation and outdoor 38th.

Smith was assistant coach at the 1978 Summer Olympic Festival in Colorado Springs, Colorado. The same year, he was named both state and region Coach of the Year for cross country and track in Oregon.

Smith is well-respected in his field. While at Clackamas, he was chairperson for women's cross country in the National Junior College Athletic Association. He also authored the NJCAA Region XVIII cross country and track and field operating manual.

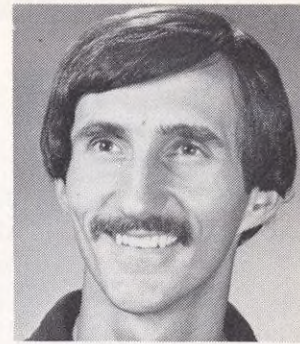
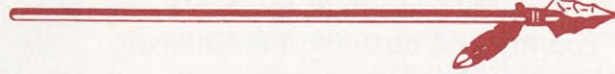
Smith received his bachelor's degree from Idaho State in 1967 and his master's from Azusa Pacific College in 1971.

He is married and is the father of one child.



Assistant Coach

GARY WINCKLER



Assisting Roger Smith this season with both cross country and track and field will be first-year coach Gary Winckler. Winckler was assistant women's track and field coach at Oregon State prior to joining the Seminole staff.

Over the past three seasons at Oregon State, Winckler helped to build the women's track and field program from 10 athletes to the current program involving 45 young women. During that period, the track team climbed from the bottom of the 37-school region to a second place finish in 1980. Winckler's duties as assistant included setting up of the squad's training programs, coordinating travel arrangements and organizing annual track and field clinics.

Winckler has other coaching experience at Lynnwood (Wash.) High School and Seattle Pacific University. At the latter, he competed in the high jump in the 1974 NCAA finals and still holds Seattle Pacific's record in the event (6-10). Pacific's program was consistently ranked in the nation's top five during Winckler's career.

Also an accomplished writer, Winckler has had several articles published, including **Perspective on the Back-Layout High Jump** which appeared in the 1980 May/June issue of **Scholastic Coach Magazine**.

Winckler received his master's degree in mathematics from Oregon State in 1980. He will coach the sprinters, hurdlers and jumpers in track.



Assistant Coach

KIM KEMP



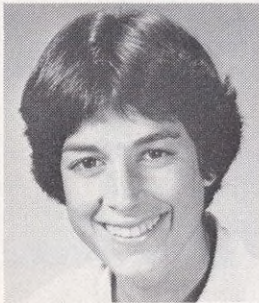
First-year coach Kim Kemp comes to Florida State from the University of Wyoming where she first met her present boss, Roger Smith. Kemp served as assistant cross country and track coach under Smith during the 1979-80 school year. When Smith left Wyoming for Florida State last spring, Kemp took over the head cross country position there.

Before entering the coaching ranks, Kemp lettered in track two years at Wyoming. She also spent two years at Clinton Community College in Plattsburg (N.Y.), where she played volleyball and basketball.

A 1975 graduate of Peru (N.Y.) High School, she was voted Outstanding Athlete as a senior.

Kemp received her bachelor's degree in parks and recreation from Wyoming in 1979 and worked on her master's degree, also in parks and recreation, at Wyoming.

## LADY SEMINOLE PROFILES



**DARIEN ANDREU**  
Junior — Distance  
Orange Park, Fla.

. . . three letters at FSU in cross country and two in track . . . finished fourth at the AIAW regionals last fall in cross country and qualified for nationals . . . MVP of the cross country squad as a sophomore . . . region winner last year in the 3,000 and 5,000 meter runs . . . holds FSU's school records in those events . . . also runs the 10,000 meters . . . attended Orange Park High School . . . has written for the Florida Flambeau, the FSU student newspaper . . . an English major . . .



**JANE ARNALL**  
Freshman — Discus/Shotput  
Englewood, Fla.

. . . freshman who will be important to the squad's depth in the throwing events . . . also coming into her own in the javelin . . . attended Venice High School as a prep student where she won the 1980 Class 3A discus title . . . named Most Athletic at Venice where she was coached by Charlie Hodges . . . majoring in general studies . . .



**MARY BANKS**  
Sophomore — Distance  
Hazlet, N.J.

. . . a two-year member of the cross country team at Florida State where she consistently runs in the number five position . . . lettered in track as a freshman in the 5,000 and 10,000 meters . . . will run those events again in 1981 . . . attended Raritan High School here she was a four-year letter winner in cross country and track . . . three times the state's two-mile champion . . . all-conference . . . a physical education major . . .



**JEANNETTE BRADLEY**  
Senior — Hurdles  
Tampa, Fla.

. . . this is Bradley's third school . . . attended Hillsborough Community College for two years before transferring to Wyoming last year to run for Roger Smith . . . followed Smith to Florida State . . . was the NJCAA 400 meter hurdles champion in 1979 at Hillsborough . . . also named All-American twice . . . attended Brandon High School in Tampa where she was the MVP of the track team . . . majoring in mass communications . . .



## LADY SEMINOLE PROFILES



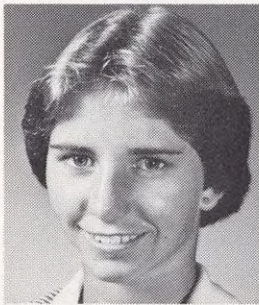
**TONJA BROWN**  
**Junior – Hurdles/Long Jump**  
**Bradenton, Fla.**

. . . two-year letter winner at Florida State . . . MVP of the squad as a sophomore last season . . . was the Region III champion in both the 100 and 400 meter hurdles . . . owns the FSU school record in both events . . . also owns the FSU indoor long jump record . . . a member of two outdoor relay teams and one indoor relay team that holds school records . . . invited to the Olympic trials . . . attended Southeast High School where she was a track standout . . . majoring in business management . . .



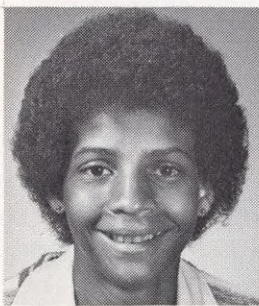
**MARGARET COOMBER**  
**Freshman – Middle Distance**  
**Charlton, London**

. . . holds FSU's best hopes in the half-mile where she is ranked among the top 30 women in the world . . . Great Britain Olympian . . . oldest member of the squad at 29, Coomber is just a freshman . . . she ran in the top spot last fall for the cross country team, finishing first in the Alabama and Florida State Invitationals . . . has been a member of two international teams before coming to the States – the British and Scottish teams . . . majoring in home economics . . .



**SUSAN EBLE**  
**Freshman – Distance**  
**Jupiter, Fla.**

. . . this freshman was the surprise of the fall cross country campaign as she came to Florida State as a walk-on and earned one of the top five positions . . . usually was one of the top 12 runners to cross the finish line in all the meets FSU participated in . . . attended Ocala Forest High School where she was the county and district champion in cross country three times . . . also MVP in track . . . major is undecided . . .



**ESMERALDA GARCIA**  
**Freshman – Sprints**  
**Belo Horizonte, Brazil**

. . . world class sprinter from South America . . . one of six foreign athletes on the squad . . . will run the 100 and 200 meters and may do some long jumping . . . a member of the Brazil World Student Cup team in 1975 and 1976 . . . a member of the Brazilian Olympic team in 1976 . . . placed fifth in the 1979 AAU's in the 100 meters with a time of 11.48 . . . a physical education major.

## LADY SEMINOLE PROFILES



**RANDY GIVENS**  
**Freshman — Sprinter**  
**Amityville, N.Y.**

. . . one of the finest sprinters to ever be recruited to Florida State . . . in addition to the 100 and 200 meters, will run in the 4 x 100 meter relay . . . runs a 23.25 in the 200 meters . . . New York state high school champion in the 100 and 200 meters while at Amityville Memorial High School . . . finished fifth in the nation in the AAU 200 meters . . . invited to the 1980 Olympic trials . . . a member of her high school's National Honor Society . . . majoring in nursing . . .



**SCOOBY GOLDEN**  
**Sophomore — Long Jump**  
**Tampa, Fla.**

. . . sat out last season after undergoing knee surgery . . . as a freshman at Florida State two years ago, was the region champion in the long jump with a jump of 19-9½ . . . played basketball at FSU for two seasons . . . attended Tampa's Robinson High School where she was second in the state in the long jump . . . real name is Eunice, Scooby is just a nickname . . . a special education major . . .



**GALE GRANT**  
**Sophomore — Middle Distance**  
**Mississauga, Ontario**

. . . two-year member of FSU's cross country team where she runs in one of the top five positions . . . last year as a freshman, finished first in the region III 1,500 meter run . . . will again be important in the middle distance events . . . attended Clarkson Secondary School in Canada . . . was the 1977 Canadian Junior Champion in the 1,500 and 3,000 meters . . . majoring in leisure services . . .



**KATHY Van HUELE**  
**Freshman — Hurdles/Long Jump**  
**Worland, Wy.**

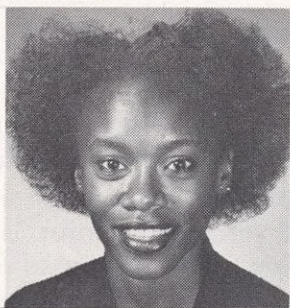
. . . her talent in the hurdles gives Florida State depth in the event . . . will also run the 4x100 meter relay . . . captured five events in the Wyoming state high school track meet as a senior at Worland High School . . . named all-state and honorable mention All-America as well as being chosen as Wyoming's Outstanding Athlete . . . major is accounting at Florida State . . .

## LADY SEMINOLE PROFILES



**DEBBIE KEMP**  
**Junior – Middle Distance**  
**Orange Park, Fla.**

. . . three-year member of the cross country squad and two-year member of the track squad . . . holds the school record in the 800 meters with a 2:10.4 clocking . . . also a member of the indoor mile relay which holds the school record . . . MVP of the track squad as a freshman two years ago . . . attended Bayshore High School where she was the state champion in the 440 yards in both 1978 and 1979 . . . majoring in finance . . .



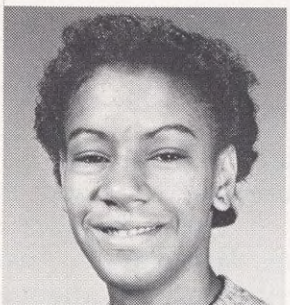
**DEBRA MOSS**  
**Sophomore – Sprints**  
**Miami, Fla.**

. . . lettered last season as a freshman at Florida State . . . set the FSU school outdoor record (25.7) in the 200 meters . . . also owns the 300 yard indoor record (37.7) . . . ran track at Miami Killian High School . . . named Most Outstanding Athlete there . . . won honors in the 440, 880 and mile relay . . . went to regionals in the 400 meters . . . majoring in marketing . . .



**MARITA PAYNE**  
**Freshman – Sprints**  
**Trante, Ontario**

. . . crossed the Canadian border to run for Florida State . . . will be used in the 100, 200 and 400 meter events as well as the 4 x 100 meter and 4 x 400 meter relays . . . may be the first FSU runner to break 50 seconds in the 400 meters . . . attended Vaughan Road Collegiate Institute in Ontario . . . was a member of the Canadian World Cup team there . . . majoring in early childhood education . . .



**ALMETHA ROLAND**  
**Freshman – Hurdles**  
**Miami, Fla.**

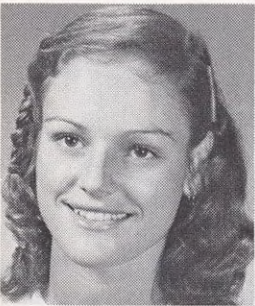
. . . one of Smith's top freshmen . . . Florida state record holder in the 300 meter hurdles while running for Miami Jackson High School . . . all-city and all-country . . . radio station WEDR named her girl's Track Athlete of the Year for the Miami area . . . nominee for THE MIAMI HERALD's Athlete of the Year award . . . majoring in filming at Florida State . . .

## LADY SEMINOLE PROFILES



**TINA RHOADES**  
**Sophomore – Discus/Shotput**  
**Naples, Fla.**

. . . lettered last year as a freshman at FSU . . . holds the outdoor record in the discus with a throw of 136-6 against Florida . . . will be counted on to improve in both the discus and shotput . . . attended high school at Cortez High in Phoenix, Arizona . . . high school was the 1979 state champion in track . . . Rhoades was named all-state . . . majoring in physical education . . .



**DEBORAH SEILER**  
**Freshman – Sprinter/Middle Distance**  
**Naples, Fla.**

. . . will move up to the 800 meters but will also run the 400 meters for Roger Smith . . . state 3A champion in the 220 and 440 yards as a senior at Naples High School . . . was also the state champ in the 220 yards as a junior . . . captained the track squad and three times was named MVP . . . Athlete of the Week seven times . . . a member of Lutheran Campus Ministry at Florida State . . . majoring in religion . . .



**JANETTE WOOD**  
**Freshman – Middle Distance**  
**Oakville, Ontario**

. . . ran this past fall on the cross country squad at FSU . . . will be running some of the sprinting events this spring and will compete for some relay positions . . . comes from Canada where she attended T. A. Blakelock High School in Ontario . . . four year All-Ontario high school champion in the 200 and 400 meters . . . a member of the Canadian National team . . . a music major . . .



**ANGIE WRIGHT**  
**Sophomore – Sprints**  
**Ocala, Fla.**

. . . had an excellent freshman year at FSU in 1980 . . . holds the FSU indoor 440 yard record (58.11) and the outdoor 400 meter record (55.92) . . . also a member of three record setting FSU relay teams last year . . . won MVP honors at the Montgomery Invitational . . . attended Forest High School where she was MVP two years on the track squad . . . an honor student there . . . majoring in political science . . .

## 1981 TRACK ROSTER

Name	Cl.	Event	Hometown
Darien Andreu	So.	D	Orange Park, Fla.
Jane Arnall	Fr.	DS, S, JV	Englewood, Fla.
Mary Banks	So.	D	Hazlet, N.J.
Alice Bennett	So.	S	Sanford, Fla.
Bonita Bradov	Fr.	D	DeLand, Fla.
Jeannette Bradley	Sr.	HH, IH, S	Tampa, Fla.
Tonja Brown	Jr.	HH, IH, S, LJ	Bradenton, Fla.
Margaret Coomber	Fr.	MD	Charlton, London
Beverly Cox	Sr.	MD	Vancouver, British Columbia
Susan Eble	Fr.	D	Ocala, Fla.
Esmeralda Garcia	Fr.	S, LJ	Belo Horizonte, Brazil
Randy Givens	Fr.	S	Amityville, N.Y.
Scooby Golden	So.	LJ, S	Tampa, Fla.
Gale Grant	So.	MD	Mississauga, Ontario
Andrea Hickman	So.	HJ	Orlando, Fla.
Kathy VanHeule	Fr.	S, HH, LJ	Worland, Wyo.
Debbie Kemp	Jr.	MD	Bradenton, Fla.
Deborah Moss	So.	SP	Miami, Fla.
Marguerite Moynihan	Fr.	PEN	Syosset, N.Y.
Marita Payne	Fr.	S	Trante, Ontario
Tina Rhoades	So.	S, DS, JV	Naples, Fla.
Lisa Rhoden	So.	MD	Philadelphia, Pa.
Almetha Roland	Fr.	HH, IH, S	Miami, Fla.
Donna Seaton	Fr.	PEN, LJ, HJ	DeLand, Fla.
Deborah Seiler	Fr.	MD, S	Naples, Fla.
Dawn Shields	So.	LJ	N. Ton, N.Y.
Cindy Summa	So.	MD	Hazlet, N.J.
Janette Wood	Fr.	MD, S	Oakville, Ontario
Angela Wright	So	MD, S	Ocala, Fla.



# INDOOR TRACK AND FIELD RECORDS

Event	Time or Distance	Name	Year
55m	7.5	Tonja Brown .....	1980
60m	7.38	Alice Bennett .....	1980
50mH	8.0	Nancy McCormac .....	1979
60 Yd H	8.29	Tonja Brown .....	1980
300 Yds	37.7	Debra Moss .....	1980
600 Yds	1:23.79	Tonja Brown .....	1980
440 Yds	58.11	Angie Wright .....	1980
1000 Yds	2:37.4	Gale Grant .....	1980
2000m	6:18.98	Gale Grant .....	1980
Mile Relay	3:56.2	Tonja Brown, Debra Moss, Angie Wright, Lisa Rhoden.....	1980
Two Mile Relay	9:24.60	Rose Giampalmo, Debbie Kemp, Leslie Sullivan, Nancy McCormac.....	1979
Long Jump	17-11	Tonja Brown .....	1979
Shotput	46-10	Vickie Smith .....	1977
High Jump	5-4½	JoAnne MacLeod .....	1980



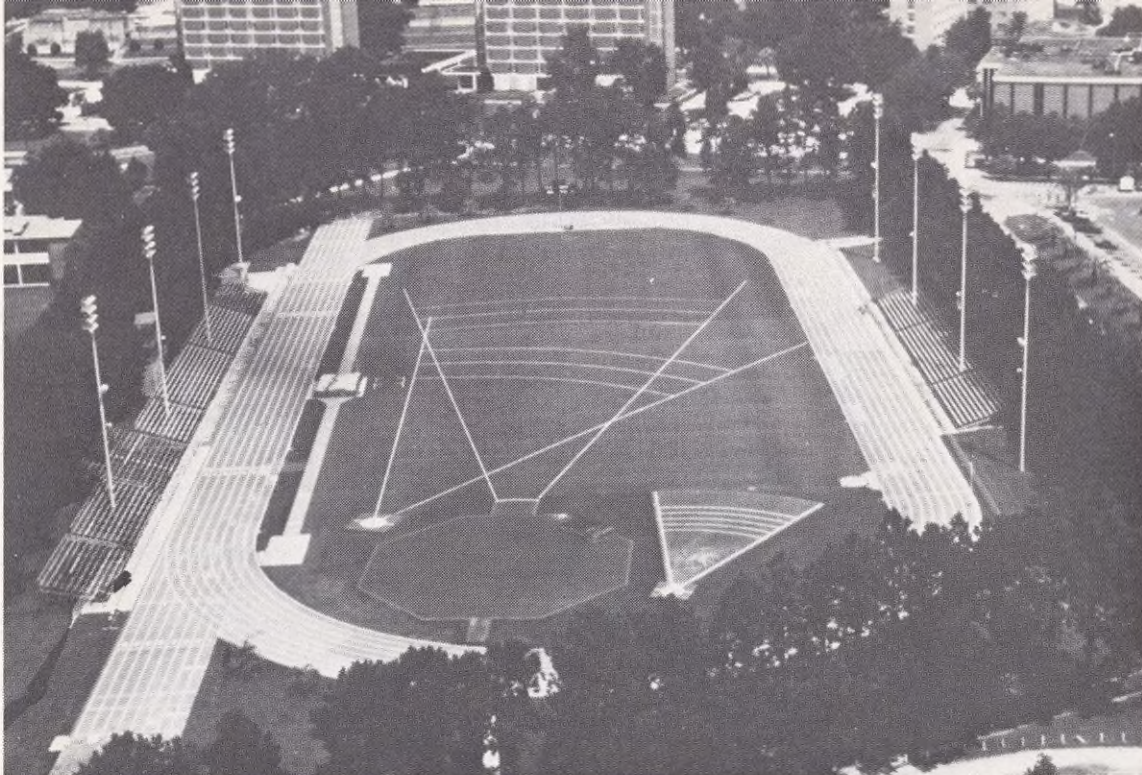
The Jumpers . . .

# OUTDOOR TRACK AND FIELD RECORDS

Event	Time or Distance	Name	Year
100mH	14.36	Tonja Brown .....	1980
400mH	60.10	Tonja Brown .....	1980
100m	12.77	Alice Bennett .....	1980
200m	25.7	Debra Moss .....	1980
400m	55.92	Angie Wright .....	1980
800m	2:10.4	Debbie Kemp .....	1980
1500m	4:36.24	Leslie Sullivan .....	1979
3,000m	9.48.9	Kathy Moore .....	1980
5,000m	17:05.4	Darien Andreu .....	1980
10,000m	38:42.9	Lisa Kinch .....	1979
4x100m	47.5	Tonja Brown, Alice Bennett, Debra Moss, Angie Wright.....	1980
4x400m	3:49.0	Tonja Brown, Angie Wright, Rose Giampalmo, Debbie Kemp.....	1980
4x800m	9:09.20	Debbie Kemp, Leslie Sullivan, Delight Chambers, Rose Giampalmo...	1980
2 Mile Relay	9:4.3	Debbie Kemp, Michell Dunaway, Delight Chambers, Rose Giampalmo...	1979
Javelin	148-6 (45.28m)	Nancy Townsend .....	1980
Discus	132-6 (40.40m)	Tina Rhoades.....	1980
Shotput	45-8 (13.92m)	Eleanor Majors .....	1980
High Jump	5'4½"	Nancy Townsend .....	1980
Long Jump	19'9½"	Scooby Golden .....	1979



The Throwers . . .



## MIKE LONG TRACK

Located conveniently on the FSU athletic complex, the eight lane, quarter mile oval has a highly regarded Chevron 440 running surface. The same surfacing material is used for the jump runways in the infield portion of the track. The Chevron 440 surface is reputed to be one of the finest all-purpose surfaces for a multi-use university track. It not only gives a uniform, fast, all-weather track for meets, but also is soft enough to be an ideal daily workout surface.

A new sign board commemorating the Mike Long Track includes a running display clock which connects with an Accutrack system to be viewed by both runner and spectator. The new clock can stop for split times and then catch up. It can be used to record the winning time and then continue. A time and temperature clock is also featured on the sign board which displays in five second intervals, of time and temperature. The time readout displays seconds as well as the hour and minutes.

Illuminated for 24 hours, the clock can be utilized not only by the Seminole athlete, but by the joggers in training.

Added last season to the Mike Long Track was a new innovative design, combination highjump takeoff and javelin approach area. Located at the south end, the area features an octagonal design which provides eight separate takeoff areas. The area is completely covered with the new "rubaturf" surfacing.

Extending from the northernmost and southernmost sides is an additional extension to increase the length of the runup for the javelin to 110 feet.

The shotput is located to the southeast corner and the discus throwing circle is at the southwest end of the track.

Chutes at both ends of the straightaway provide the opportunity to take advantage of prevailing winds in the 110 HH and 100 meter dash. Additionally, the long jump, triple jump and pole vault are constructed to take advantage of any favoring wind.

The facility, completely enclosed and surrounded by tall pines and short palms, is used by the entire campus. The track has seating for approximately 5,000 people and a press box is located over the west stands. The facility is lit for night events.





## **FLORIDA STATE WINS AIAW REGION III CROSS COUNTRY CHAMPIONSHIP**

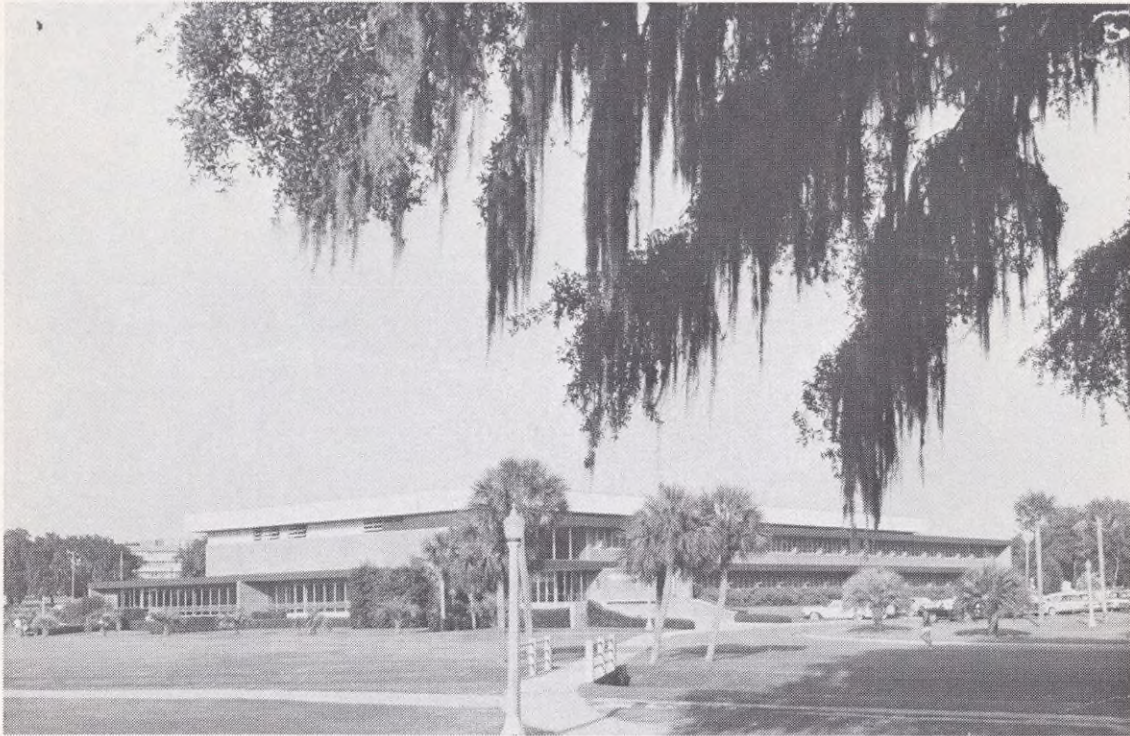
It was a season of firsts for the women's cross country team last fall. Not only did the squad have a first-year coach in Roger Smith, but it finished first in three major meets and climaxed the season with a first-place regional finish.

Florida State was the winner in the Alabama, Florida State and Florida Invitationals during the regular season. Only a fourth place finish in the Furman Invitational put a damper on the otherwise successful season.

At the regional meet, Alabama was the defending champion and favorite to repeat. But Florida State pulled together to win on a hilly Tuscaloosa, Ala. course and then proceeded on to the nationals in Seattle, Wash. Smith's squad returned to Tallahassee with a 21st place finish, bettering 1979's 22nd place finish.

Individually for the Lady Seminoles, first-year runner Margaret Coomber was the big gun. Coomber finished first in two Invitationals and third in another two. Darien Andreu, a junior, wasn't far behind Coomber as she finished the season with one second place finish, one fourth place finish and two seventh places. Rounding out Florida State's top five runners were Gale Grant, Susan Eble and Mary Banks.

## THIS IS FLORIDA STATE



Florida State University — the home of more than 20,000 Seminoles — has a campus that starts at the top of one of Tallahassee's famed seven hills, and rolls gently downward and westward across 340-odd acres of pines, palms and pecan trees.

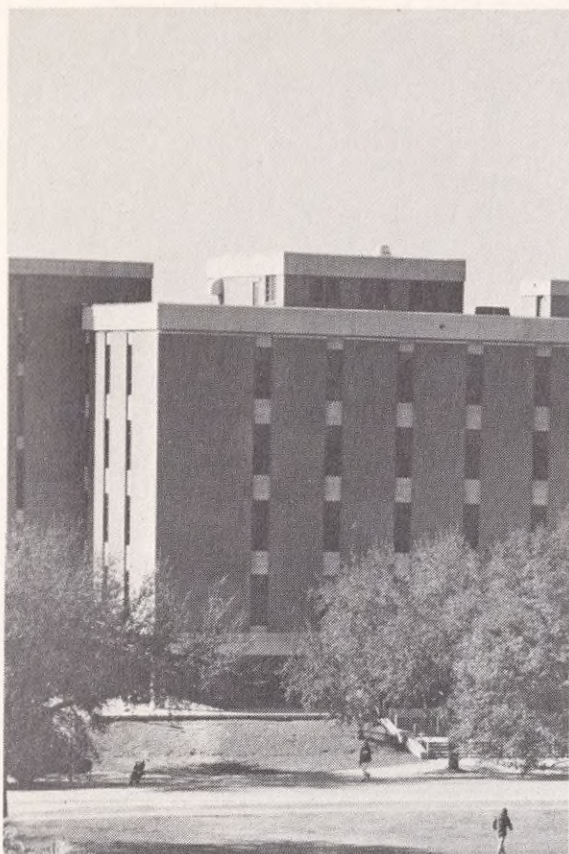
Founded in 1857 as the Seminary West of the Suwannee, its heritage is evidenced in the wide range of architectural struggles to preserve history and keep up with modern times and air conditioning. Yet it still ranks as one of the South's last, few bastions of campus greenery — the kind that combines the blossoms of camellias, azaleas and dogwoods with moss-hung oaks that are, in some cases, as old as the University itself, if not older.

From the Gothic towers of Westcott at the eastern entrance to the campus, to the modern glass and steel structures of its Science Complex to the west, Florida State University has moved forward in time and growth more rapidly than many of its newer counterparts in the State University System. Its enrollment has quadrupled since it became coeducational in 1947, following nearly half a century as the Florida State College for Women.

Today, its 14 schools and colleges are spread through \$150 million worth of buildings, its annual budget exceeds \$100 million and it attracts more than \$18 million a year in research contracts and grants. Students can pick and choose from more than 100 career options offered in arts and sciences, business, communication, criminology, dance, education, home economics, law, library science, music, nursing, social sciences, social work, theater and visual arts programs.

The location of FSU in the Capital City of Florida offers unusual opportunities for study and research in the social and policy sciences, and an optimum environment for internships and on-the-job learning experiences for students in many fields of study.

A city within a city, Florida State has 1,200 faculty members, more than 6,000 additional employees and a construction program that will exceed \$50 million between now and 1981.



**Women's Athletic Director**  
**BARBARA PALMER**

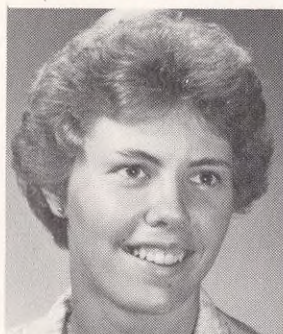


As women's athletic director, Barbara Palmer oversees the daily functions of the women's athletic department at Florida State. Included is the hiring of coaches, preparation of budgets, monitoring of scheduling and fund-raising.

Palmer joined the Florida State staff after serving four years as executive director of a private leisure education and recreation services organization. Prior to that, she served as administrator of Camp Indian Springs, program director of Wakulla County and recreation supervisor of Merritt Island.

Palmer received her bachelor's degree in recreation at Florida State in 1970 and earned her master's degree in leisure services and studies in 1974.

**Assistant Sports Information Director**  
**LISA MORTON**



The 1981 women's track guide was designed, written and edited by Assistant Sports Information Director Lisa Morton.

As a member of S.I.D. Mark Carlson's staff, Morton works with promoting FSU's athletic teams through the media as well as coordinating publicity for FSU's eight women's sports.

Morton, a native of Pittsburgh, Pa., earned a bachelor's degree in sports management from West Virginia University in 1980. While at West Virginia, she worked as a sports information assistant for two years.

