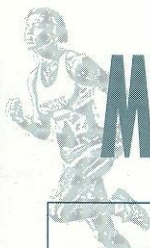


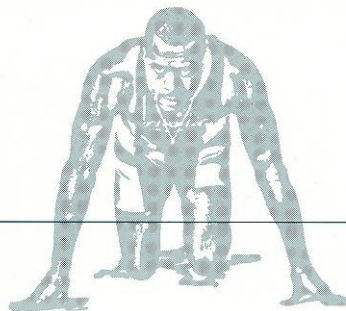
FLORIDA STATE

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MEDIA INFORMATION



FLORIDA STATE FACTS

PresidentSandy D'Alemberte
 LocationTallahassee, FL
 Enrollment29,000
 Founded1857
 NicknameSeminoles
 ColorsGarnet and Gold
 ConferenceAtlantic Coast
 FacilityMike Long Track
 Athletic DirectorDave Hart, Jr.
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 Harlis MeadersThrows
 Dennis NoblesPole Vault, Javelin, High Jump
 John CitronStrength and Conditioning
 Jim LongHurdles

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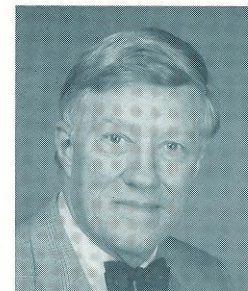
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The Florida State Athletic Department would like to thank the following members of the FSU Track and Field Officials Association: President Donald F. Weber, Vice President Eric Smith, Treasurer Charles Yates, Bill Adams, Gene Branagan, Bill Davis,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

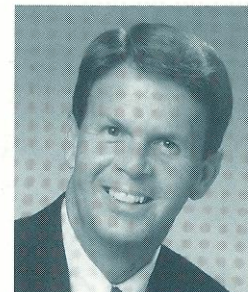
NOTE TO THE MEDIA

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

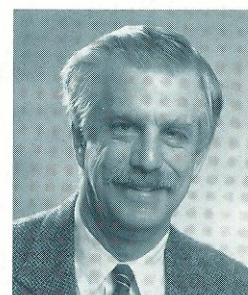
The SID staff will provide complete results and fax service at all home meets. Coach Terry Long can be reached for interviews at 644-5550 anytime during the day before 3 p.m. Interviews of student-athletes or other information concerning the coaches or team members can be handled by the Sports Information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



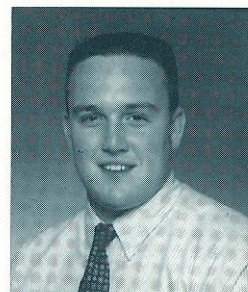
*Sandy D'Alemberte
President*



*Dave Hart, Jr.
Athletic Director*



*Charles Earhardt
Faculty Representative*



*Jeff Purinton
Track & Field SID*

THIS IS TALLAHASSEE

Near, but far from the glaring strips of neon amusement, and the castles and crowds of Disney, lies another magical place in the Sunshine State — one of pow-wows, plantations, politics and great pride. Often described as “The Other Florida” with its deep-rooted history, rolling hills, canopy roads of moss-draped oaks, cool climate and Southern-style hospitality; it is a Florida few have seen. It is Tallahassee — Florida with a Southern accent.

Best known as Florida’s capital, Tallahassee is an intimate neometropolitan city where the power of state government, the academic and the artistic are complimented by subtle, old-fashioned charm.

Tallahassee — derived from the words “talwa” meaning town and “ahasee” meaning old — 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 famous Gulf beaches and major metropolitan areas of the South are a short trip from Tallahassee. As Florida’s capital city, Tallahassee offers the grace and charm of a small city, while Atlanta, Jacksonville, Tampa, Orlando and New Orleans are within easy driving distance. ★

CLIMATE

Tallahassee enjoys four distinct seasons with an average annual temperature of 67 degrees. Weather conditions are mild and moist due to close proximity to the Gulf. Summer temperatures are subtropical with an average of 83 degrees while winters average a pleasant 50 degrees.

The Capitol buildings, both old and new, epitomize Tallahassee’s perseverance. With the 22-story New Capitol towering overhead since 1977, the Old Capitol, erected in 1845, has been restored to its 1902 appearance complete with red-and-white candy-striped awnings and a gracious dome adorned with stained glass. The 22nd floor of the New Capitol reveals a spectacular view of the rolling hills of Leon County all the way to the shimmering Gulf of Mexico. Chambers of the House and Senate buzz with political zeal during the March through May legislative session.



The first Christmas mass celebrated in the United States was held in Tallahassee.



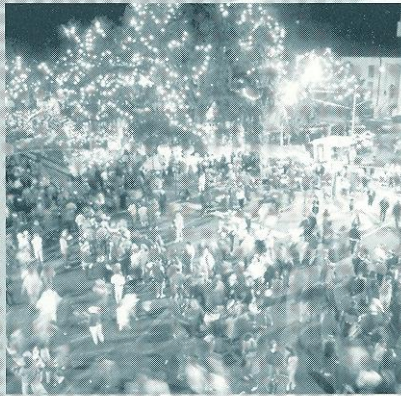
Standing nine feet tall, Herman, a skeletal prehistoric mastodon — originally weighing about five tons — was pulled from Wakulla Springs in the 1930s. The Museum of Florida History also features the Prehistoric Florida Exhibit, Spanish treasures, war relics and even a riverboat.



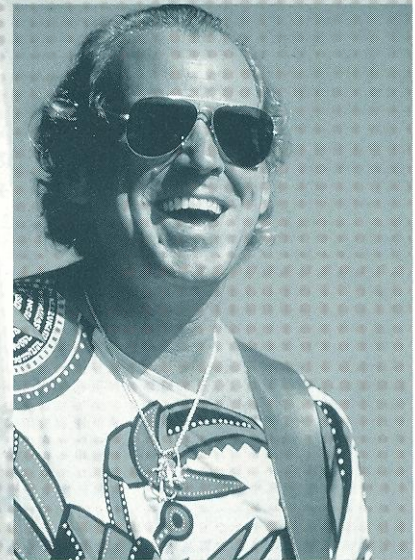
Downtown Tallahassee grew as a trade center with Florida’s first railroad — a simple mule-drawn, rail trolley epitomizing the leisurely pace of Southern life — connecting Tallahassee and St. Marks. The 16-mile railroad has now been paved as the St. Mark’s Bike Trail, and the Old Trolley remains a stylish way to get around.



Only 13 miles from the Capitol, amid alligators, anhingas and tranquillity is the 2,900-acre Wakulla Springs State Park. Visitors can drift lazily aboard a jungle cruise boat on Wakulla Springs while the alligators sun on the shore. Tallahassee's underwater passages have intrigued adventurers from around the world — even National Geographic magazine attempts to uncover the hidden mysteries of the springs in many issues.



The Winter Festival and Celebration of Lights, an outdoor celebration of holiday lights, music and the arts with activities including a night glow parade, Jingle Bell Run and Santa's Enchanted Forest has become a popular wintertime event in Tallahassee.



As one of the largest arenas in Florida, the Tallahassee-Leon County Civic Center, situated on 22 downtown acres, provides the ideal setting for "star-studded" events. The Civic Center Arena was the site of the 1995 NCAA Basketball Southeast Regional while Jacksonville native Jimmy Buffet makes regular visits to Tallahassee.

WHAT OTHERS ARE SAYING ABOUT TALLAHASSEE

“Where else in the Sunshine state can you pretend to be the governor, peruse pirates' plunder, and peer breathlessly at a daring young man on a flying trapeze — all in the same day?”

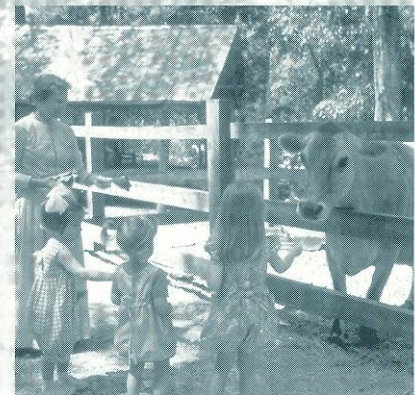
— SOUTHERN LIVING

“After a visit to Tallahassee, you'll leave Florida with a whole new image of the magic kingdom — and you won't have to worry about mouse ears getting smashed in your suitcase.”

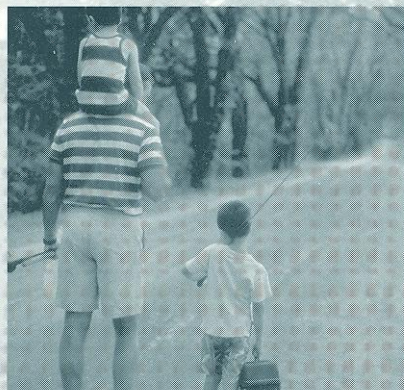
— DISCOVERY

“Tallahassee, Florida's capital city, has charm with a distinctly Southern accent...”

— BOSTON HERALD



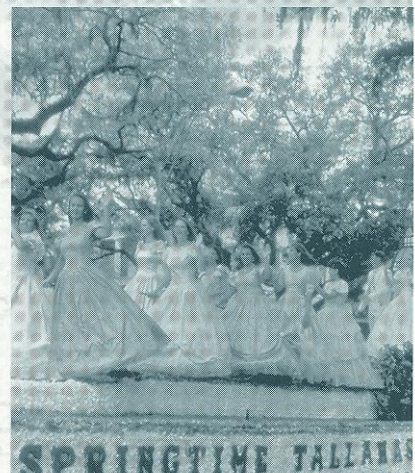
Red wolves, Florida panthers, alligators and other fascinating wildlife in a 52-acre habitat highlight the Tallahassee Museum of History and Natural Science.



Low sprawling oaks, draped with Spanish moss create dramatic emerald tunnels of dancing sunlight on Tallahassee's famous Canopy Roads.



Noted for water sports, including sailing and wind surfing, Shell Point Resort is located just 25 miles south of Tallahassee.



Springtime Tallahassee has blossomed over 25 years into a four-week jubilee with parades, festivals, contests, crafts and amusement.

THIS IS FLORIDA STATE

A senior member of the 10-member State University System, FSU was founded as an institution of higher learning in 1852 by legislative act and began in Tallahassee with its first students in 1857. 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 continues to progress and grow — from its pre-Civil War foundation as the Seminary West of the Suwannee, through the early 20th century as the academically respected Florida State College for Women, returning to coeducational status as a university in 1947, to its modern development as an acclaimed research institution, a top-ranked competitor in intercollegiate athletics and as a standard-setter in the basic sciences and the performing arts. ★

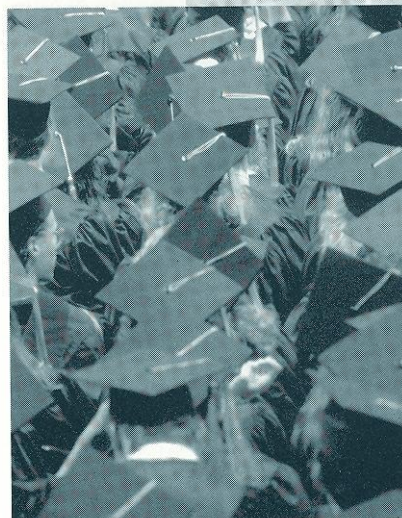


The Dr. Bobby E. Leach Center, a state-of-the-art student recreation facility, with an indoor pool, saunas, basketball and racquet-sport courts, was completed in 1991. And in June, a 2300 square foot free weight area was completed.

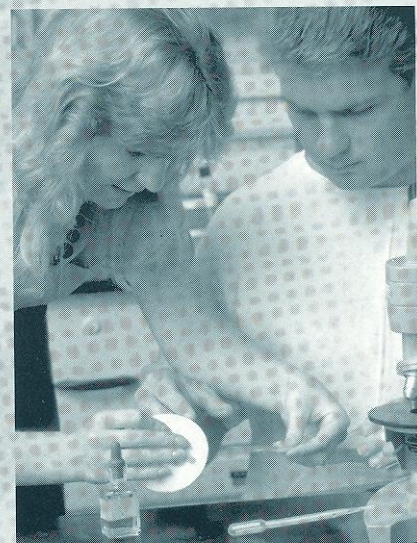
Florida State University, nearing its golden anniversary as a co-educational graduate research institution, has joined the nation's elite in both academics and athletics. Located on the oldest continuous site of higher education in Florida and building rapidly on the framework of a highly regarded liberal arts college for women, the University has emerged over the past 48 years as an institution of national and international esteem.



With 1,568 members, the FSU faculty currently includes five members of the National Academy of Sciences and eight members of the American Academy of Arts and Sciences, and has included five Nobel laureates. It is backed by 2,987 administrative/professional and support staff.



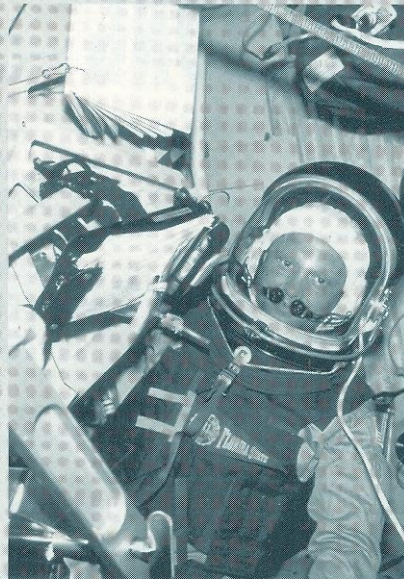
FSU ranked 20th in the nation for 1990-91 in the number of black Ph.D. students it graduates. Over the five years from 1986 to 1990, FSU ranked eighth nationally by granting doctorates to 70 African-Americans.



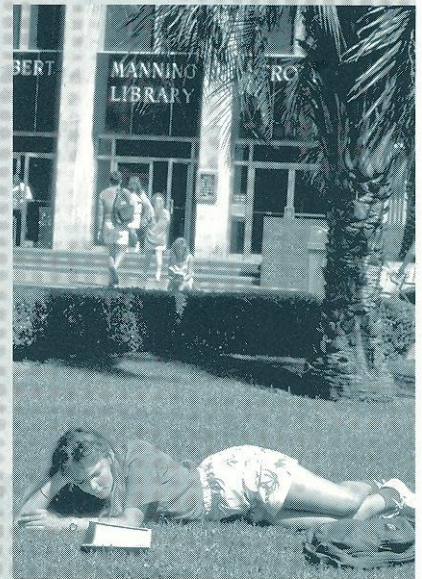
FSU's high-tech program in structural biology in 1991 received the University's largest single foundation grant, \$4 million, to position it among the leaders in the field worldwide.



Vice President of the United States Al Gore spoke at the dedication of the National High Magnetic Field Laboratory at Florida State in October 1994. The National Science Foundation established the \$100 million magnet lab at Florida State, which is partnered in research with the Los Alamos National Laboratory and the University of Florida, in 1990. A Nobel laureate in physics and a top Russian physicist were among the first scholars drawn to the faculty by the magnet lab. The world's largest magnet — two stories high and capable of generating 45 tesla or 1 million times the Earth's magnetic field — is to be installed in 1995 at the NHMFL, located in the off-campus research complex, Innovation Park.



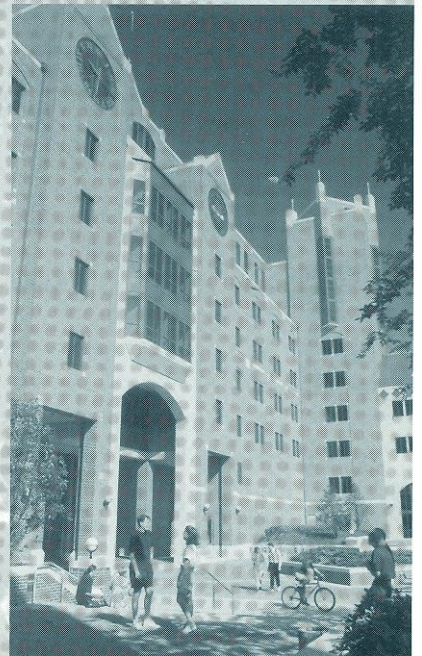
Florida State University alumnus, Dr. Norman Thaggard ended the longest space flight in U.S. history in July after a historic mission on the Russian space station Mir. Thaggard who received his undergraduate degree in engineering at FSU in 1965 and his masters a year later, is an avid Seminole football fan and brought his cosmonaut counterparts to their first college football game in Tallahassee last year. Thaggard's Florida State pennant could be clearly seen in the space shuttle aboard Mir during press conferences. Thaggard has been on three space missions including the historic six-day flight on the Challenger in 1983 that included Sally Ride.



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. Strozzer 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.

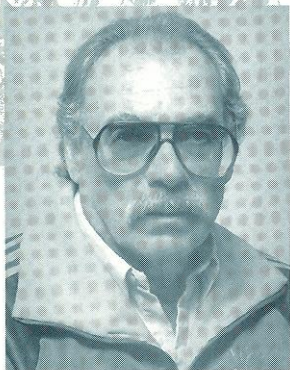


Florida State ranks first in popularity nationwide among high school seniors, based on the number of students who request their Scholastic Aptitude Test (SAT) and American College Test (ACT) scores be sent to an institution. FSU was the only institution listed among the top 10 choices of both black and 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 fall 1994, the first tenants moved in to the east side of the \$82 million University Center, a classroom-and-office facility at Doak Campbell Stadium. The stadium's south end zone also was enclosed and the adjacent Moore Athletic Center expanded. When the west side is completed in 1996, the University Center will provide 550,000 square feet of much needed academic space and a centralized location for student services.

HEAD COACH TERRY LONG *(Florida State '63)*



Terry Long, the 1994 NCAA District III Coach of the Year, begins his eighth season as the head coach of both the men's and women's track teams. Following in his father's footsteps, Long continues the tradition sixteen seasons after his father, Mike, retired as head coach at Florida State. Long has been associated with the

Seminole track program since he was 15 years old, his age when Mike Long began his head coaching legacy at FSU in 1955.

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

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

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

During his tenure at Seminole Community College, Long was inducted into the Florida Track Hall of Fame, as his father had been years earlier.

The sport of track has certainly been a tradition in the Long family. In addition to Mike Long, for whom Florida State's track facilities are named, his three sons all became coaches.

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

became the head coach of both the men's and women's teams.

As head coach and administrator of the program over the past six seasons, Long has continued a strong tradition of track success by the Seminoles' program. In 1994, Long coached the men to the ACC indoor title and was named ACC Coach of the Year. He has kept Florida State near the top in collegiate track and field with over 30 individual All-Americans.

In 1988, Long coached U.S. Olympian Arthur Blake who made the Olympic finals in the 110 high hurdles and is recognized as one of the top hurdlers in the world. Long also coached national intermediate hurdle champion Kim Batten. Batten was named the TAC Outdoor meet's most outstanding female after breaking the collegiate record in the 440-hurdles in 1991. Batten set the world record in that event with a time of 52.61. In addition to Blake and Batten, Long has coached Olympians Chandra Cheeseborough, Michelle Finn, Tom Reither, Rey Robinson and Dennis Mitchell.

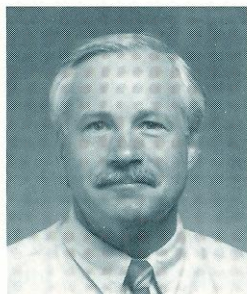
Terry is extremely active in track outside of Florida State and even the state of Florida. In 1984, he coached the United States team in the first World Indoor Track Championships, held in Paris, France. He has also served as the co-chairman of the National Olympic Development Sprint Committee.

Long, 54 has been head coach of the Athletic Attic, Mazda and Bud Light Track clubs and his indoor and outdoor teams have won six national TAC championships. In 1988, Long brought the TAC Junior National Meet to Tallahassee.

About Coach Long

<i>Years at Florida State.</i>	<i>11</i>
<i>Years of Collegiate Coaching experience.</i>	<i>26</i>
<i>Florida State-Men's and Women's Head Coach</i>	<i>..(1989-present)</i>
<i>Florida State-Women's Head Coach</i>	<i>.....(1986-88)</i>
<i>Florida-Men's Assistant Coach</i>	<i>.....(1984-85)</i>
<i>Santa Fe Community College-Head Coach</i>	<i>.....(1982-83)</i>
<i>Seminole Community College-Head Coach</i>	<i>.....(1970-82)</i>
<i>High School Coaching Experience</i>	<i>.....</i>
<i>Lakeland High School Head Track and Cross Country</i>	<i>..(1968-70)</i>
<i>Delray Beach Seacrest High School Head Track Coach</i>	<i>.(1966-68)</i>

COACHING STAFF



Scott Irving

Assistant Coach
Middle and Long Distance
(Williamette '73)

A veteran coach, Irving enters his second season as a member of the Seminole track and field coaching staff. Irving will handle the Tribe middle and long distance runners.

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

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

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

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

A new tradition in academic and athletic excellence has begun at FSU with the men's Cross Country team gaining Golden Torch honors for high grade point average. The team carried an all-sport high GPA of 3.11 in 1995. Florida

About Coach Irving

Years at Florida State.....	3
Years of Collegiate Coaching Experience.....	20
University of Oregon-Assistant Coach	(1977-83)
University of Florida-Assistant Coach.....	(1983-89)
University of Illinois-Assistant Coach	(1989-93)
Florida State-Assistant Coach	(1993-present)
Collegiate Track Experience:.....	Williamette University
.....	Distance (1970-73)

State had their highest individual finishers ever at the 1995 ACC Cross Country Championships. Brian Lucyk placed 20th overall for the men and Kristen Birmelin finished ninth while earning All-ACC Honors for the Women.

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

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



Kim McKenzie

Assistant Coach
Sprints/Hurdles
(Texas EL Paso '84)

Kim McKenzie begins her ninth season on the Florida State staff in 1996. The former Olympic bronze medalist began her coaching career in 1987 as a volunteer assistant while training for the '88 Olympic games.

McKenzie was a member of the 1984 U.S. Olympic team and won the bronze medal in the 100 meter high hurdles in Los Angeles. She brings a multitude of experience and talent to her duties with the sprinters and high hurdlers, whom she has helped for the past four seasons. Born in Birmingham, Alabama, McKenzie was the top scorer in the high hurdles during the 1991 Grand Prix season. The former Lady Seminole was ranked among the top 10 in the world in the 100 meter high hurdles in recent years.

A native of Detroit, Michigan, McKenzie has an extensive background in national and international track. In 1990, she set the American record in the 50 meter hurdles in an indoor meet in Canada. In addition, McKenzie was the NCAA Champion in the 100 meter hurdles in 1984, her junior season at Texas El Paso. McKenzie also captured a silver medal at the Pan Am Games in the 100 meter hurdles.

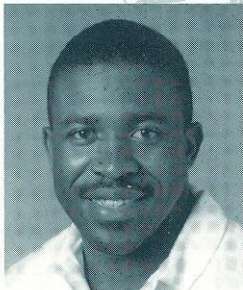
McKenzie coaches with a very spirited and enthusiastic approach while inspiring athletes to perform to their maximum potential. Two of McKenzie's prize pupils are current Seminole All-American Jonathan Carter and NCAA 55 meter hurdle champion Phillip Riley.

McKenzie has a son, Leander, 9.

COACHING STAFF

About Coach McKenzie

Years at Florida State9
Years of Collegiate Coaching Experience9
Florida State-Assistant Coach(1987-present)
Collegiate Track Experience:Texas El Paso
Sprints, Hurdles (1980-84)



Harlis Meaders

*Assistant Coach
Throws
(University of North Carolina '92)*

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

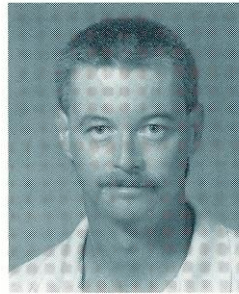
His collegiate track experience includes the shot put, the 35 lb weight throw and the discus. While at UNC, Meaders was a three time individual ACC champion and made a significant contribution to the 1992 outdoor ACC championship team. Meaders was also a NCAA qualifier in the discus throw and qualified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

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

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

About Coach Meaders

Years at Florida State:2
Coaching Experience:5
Florida State-Assistant Coach(1995-present)
Western Carolina University-Assistant Coach(1992-94)
Collegiate Track Experience:University of N. Carolina,
Shot Put, Weight Throw, Discus (1988-92)



Dennis Nobles

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

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

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

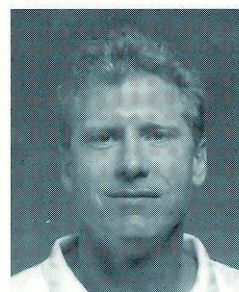
While at Wayland Baptist College, he coached 17 All-Americans, two national champions, a pair of Olympic qualifiers and a national record holder. He also led the school to a national championship and two-runner up finishes. He returned to his alma mater in 1985 to accept a position as assistant coach. 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 and pole vault events. In recent years, he has been invited to participate in the elite women's javelin clinic in Long Beach, California.

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

About Coach Nobles

Years at Florida State:10
Years of collegiate coaching experience:12
Florida State-Assistant Coach(1985-present)
Wayland Baptist-Assistant Coach(1984-85)
Collegiate Track Experience:Florida State
Pole Vault (1979-81)



John Citron

*Assistant Coach
Strength & Conditioning
(Florida State '79)*

John Citron has been involved in the sport of track and field as a

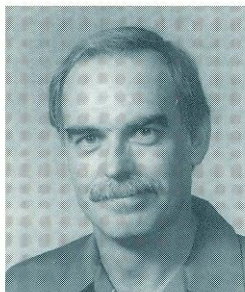
national caliber collegiate athlete and coach at all levels for the last 20 years.

Citron was a team captain and MVP while running for the Seminoles in the late 70's. Citron currently ranks fourth on Florida State's all-time performance list for his mark in the 400 meter intermediate hurdles of 50.46. The Fairfax, VA, native has worked with many Olympic athletes and NCAA All-Americans. Coach Citron returned to his alma mater after directing one of the elite high school track clubs in the nation; Track Florida.

John and his wife Liz are the proud parents of two daughters; Riley, 6 and Ellyssa, 3.

About Coach Citron

Years at Florida State:	2
Years of Collegiate Coaching Experience:	2
Florida State University-Assistant Coach:	(1995-present)
Collegiate Track Experience:	Florida State
.	High Hurdles, Int. Hurdles, Mile Relay (1975-79)



Jim Long

*Assistant Coach
Hurdles
(Florida State '70)*

Jim Long brings a lengthy track background to his 20th 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, has been one of the NFL's top punters over the past few seasons.

He and his wife Janis have two sons; Justin 18 and Jarrett 15.

About Coach Long

Years at Florida State:	20
Years of Collegiate Coaching Experience:	20
Florida State University-Assistant Coach	(1975-present)
Collegiate Track Experience:	Florida State
.	sprints (1966-1970)

Kim Batten

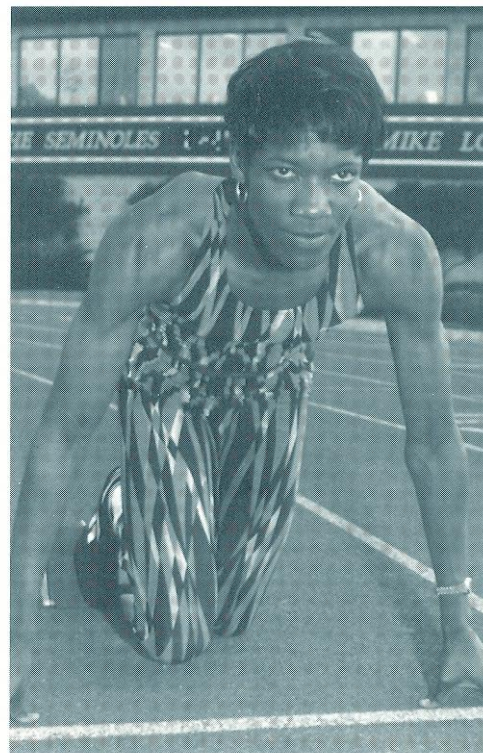
*Volunteer Assistant
World Champion / World Record Holder
(Florida State 1988-91)*

Kim Batten is unquestionably one of the finest track athletes in Florida State history. Batten set the World Record in the 400m intermediate hurdles this year with a time of 52.61. She is one of several Seminoles who are in training for the 1996 Olympic Games in Atlanta.

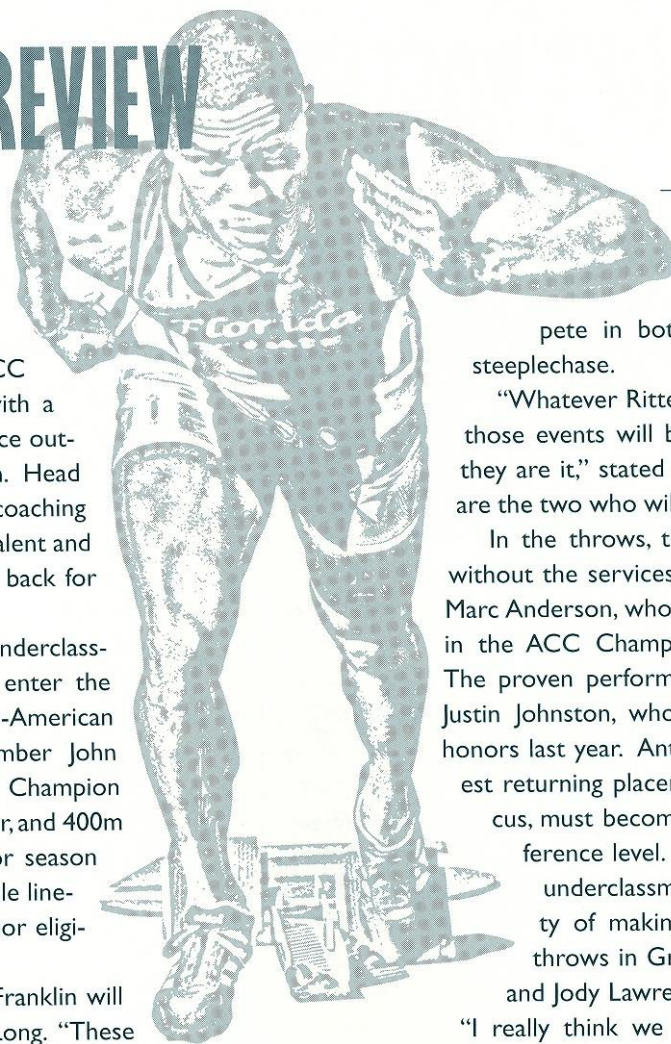
On February 12, 1996, Batten received one of the highest honors achievable in the sports world. She received the ESPY Award for Women's Track and Field Performer of the Year, beating out track stars Jackie Joyner-Kersey and Gwen Torrence in the voting.

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

As she continues her training in Tallahassee for the Olympics, Batten will assist Coach Terry Long with the instruction of the 1996 Seminole track team.



1996 MEN'S PREVIEW



The Seminole men enter the 1996 season with hopes of returning to the top of the ACC. After winning the ACC indoors in 1994, the squad followed with a sixth place indoor finish and a fourth place outdoor finish to complete the 1995 season. Head Coach Terry Long and the Florida State coaching staff hope that the right blend of young talent and established veterans can bring the team back for another run at the ACC title in 1996.

The Seminoles will call on some underclassmen to step to the forefront as they enter the indoor season. Lost to graduation is All-American 400m hurdle standout and relay member John Rothell. Add in the absence of NCAA Champion Phillip Riley, All-American Jonathan Carter, and 400m specialist Tim Franklin during the indoor season and it leaves a glaring hole in the Seminole lineup as the three seniors have only outdoor eligibility remaining.

"The absence of Carter, Riley and Franklin will hurt in the indoor season," said Coach Long. "These three guys, in terms of the running events, will be extremely difficult to replace."

Sophomore Patrick Hayes, an NCAA qualifier in the 55 meters, will have an opportunity to step into a leadership role as he continues to develop into a premier sprinter. Coach Long is asking Hayes to move to the 400m event as well. The Seminoles do not have a bonafide quarter-miler since Franklin is finished with his indoor eligibility. Another with the talent to step forward is redshirt freshman Cleon Blake. In the sprints, Blake and Hayes will have to carry the weight until Riley, Carter and Franklin return for the outdoor season.

Another key loss is Mike Hampton, a middle distance runner who was a scorer in the 800m and 1500m. Long and the FSU coaching staff are confident in the ability of Tim Middelkoop in the 800m. Middelkoop, a senior, has experience in that distance and should be a solid performer. Anton Kelly is the wildcard in the middle distances. Kelly has "all the tools" according to Coach Long and needs to make the transition into a scoring role. Nafthaly Kurgat, a native of Kenya, is coming off a redshirt year and should be ready to contribute in the middle distances.

The long distances are an area in which the Seminoles would like to see some improvement. Brian Lucyk and Reid Montini have continued to show improvement and should make the men stronger in that area. Jasen Ritter and David

Ogeltree will compete in both the mile and the steeplechase.

"Whatever Ritter and Ogeltree do in those events will be significant because they are it," stated Coach Long. "Those are the two who will have to get it done."

In the throws, the Seminoles will be without the services of Ryan Carson and Marc Anderson, who finished 2nd and 3rd in the ACC Championships last season. The proven performer is javelin thrower Justin Johnston, who earned All-America honors last year. Anthony Sasso, the highest returning placer in the shot and discus, must become a force at the conference level. FSU has some young underclassmen with the possibility of making some noise in the throws in Greg Jack, William Shirk and Jody Lawrence.

"I really think we have got the people who can move into the throws", said Coach Long. "Anderson and Carson did a real good job for us the last couple of years."

In the pole vault, Brian Till will be asked to take over for Richard Grist. Grist was the top vaulter from last season, but was forced to transfer in order to pursue another major. Till, a junior, has the talent and should be ready to contribute according to Coach Long.

Senior Anthony Washington leads the Seminoles in the high jump and triple jump. Washington will be shooting for the NCAA qualifying marks this year in both events.

"Anthony is our number one high jumper and our number one triple jumper," said Coach Long. "He has all the talent in the world. He must come forward and make a significant contribution."

The young Florida State team will be tested early until the big guns return for the outdoor season. If the likes of Patrick Hayes and Cleon Blake can make big strides early on, the Seminole men will be a force in the ACC. The outdoor season should find the squad at full strength when Riley, Carter and Franklin return to the track.

"Indoors we are going to be really young and we may struggle a bit," commented Coach Long. "Outdoors we will begin to put things together as we as we get some of that leadership back in the mix. "I think we will be surprisingly strong by the outdoor season."

1996 MEN'S ROSTER

Name	Event	CL	Hometown	Name	Event	CL	Hometown
Cleon Blake	S	SO	Live Oak, FL	Dore Louis	ME	JR	Miami, FL
Troy Bockius	D	FR	Dover, DE	Brian Lucyk	D	SO	Longwood, FL
Anthony Bolton	H/S	FR	Hollywood, FL	David McIntire	ME	SO	Littleton, CO
Joe Campopiano	D	FR	Monroe, CT	James McLester	ME	SO	Columbia, AL
Byron Capers	S	SR	Maritta, GA	Tim Middelkoop	MD	SR	Toronto, Ontario
Jonathan Carney	T	JR	Vienna, VA	Reid Montini	D	SO	Palm Beach Gardens, FL
Jonathan Carter	S	SR	Ft. Lauderdale, FL	David Ogletree	D	JR	Tallahassee, FL
Morgan Castner	D	FR	Oak Ridge, TN	Chris Osborn	HJ	SO	Lake Worth, FL
Andreas Colombo	S	SO	Milan, Italy	Brian Parrish	D	SO	Acworth, GA
Jason Costner	HJ	SR	Lakeland, FL	Calvin Randolph	S	SO	Hopkins, SC
John Curran	D	SR	Jacksonville, FL	Kelvin Randolph	S	SO	Hopkins, SC
Damon Cudihy	D	FR	Marietta, GA	Phillip Riley	H	SR	Orlando, FL
Warrick Dunn	S	JR	Baton Rouge, LA	Jasen Ritter	D	JR	Bonita Springs, FL
James Enael	S	FR	Ft. Lauderdale, FL	Oscar Robinson	J/S	JR	St. Petersburg, FL
Lee Fictum	D	SO	St. Petersburg, FL	Anthony Sasso	T	JR	Cape Coral, FL
Tim Franklin	H	SR	Signal Mountain, TN	Bradley Shriver	D	SO	Harrisburg, PA
Jamie Fritz	MD	JR	Erie, PA	William Shirk	T	SO	Sarasota, FL
Reginald Glover	S	FR	Orlando, FL	Danny Smith	MD	FR	Orlando, FL
Patrick Hayes	S	SO	Bunkie, LA	Germaine Stringer	S	FR	Decatur, GA
Brad Hess	T	FR	Palm Harbor, FL	Clay Terrell	H/S	JR	Ponte Vedra, FL
Jeremiah Hunt	D	FR	Lemoore, CA	Brian Till	PV	JR	Kissimmee, FL
Greg Jack	T	SO	Ottawa, Canada	Scott Thomas	D	FR	Rock Hill, SC
Justin Johnston	T	JR	Belgrade, MT	Trinard Tynes	MD	JR	Freeport, Bahamas
Jayson Jones	S	FR	Apo, Germany	Yale Tynes	J	JR	Freeport, Bahamas
Nafhaly Kurgat	D	FR	Kapsabet, Kenya	Daryl Vankirk	T	FR	Danville, PA
Anton Kelly	MD	JR	Tallahassee, FL	Daven Wilson	D	SR	Pensacola, FL
Jody Lawrence	T	FR	Titusville, FL	Anthony Washington	J	SR	Lake Brantley, FL
Brian Liedel	D	SO	Tallahassee, FL	Donald West	H	JR	Huntsville, AL

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.



1996 MEN'S BIOS



ANTONIO "CLEON" BLAKE

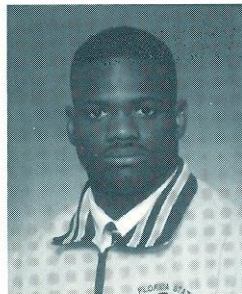
SPRINTS

Year: Sophomore

Hometown: Winter Haven, FL
(Winter Haven HS)

Collegiate Bests:
55M (6.33), 200M (22.63)

Talented sprinter expected to step into scoring role...will have an opportunity to contribute during indoor season with the absence of Jonathan Carter...**1995:** red-shirted the outdoor season with injuries...ran a 6.43 in the ACC Indoor 55M semi-finals...finished seventh in Barnett Bank Invitational in the 55M dash (6.33)...**Prep:** ranked in the top 10 nationally in the 200 meters while at Winter Haven High School...finished third in the 5A state meet in both 100 and 200 meters...anchored 4x100M relay that ranked second nationally and won the Golden West Invitational...**Personal:** a computer science major...his aunt, Sheryl Covington, was an All-American in the 55M and 400M at FSU...born October 14, 1975.



BYRON CAPERS

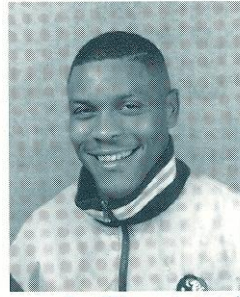
SPRINTS

Year: Junior

Hometown: Marietta, GA
(Wheeler HS)

Collegiate Bests: 55M (6.57), 100M
(10.63), 200M (21.53)

Outstanding athlete who is a starting cornerback on the Florida State football team...ability to score in conference sprint action...strongest event is the 200M dash...earned second team All-ACC honors during the 1995 football season...**1995:** finished second in the 200M dash at the FSU Relays with a time of 21.55...also recorded a fourth place finish in the 100M (10.63)...ran collegiate best in the 200M dash prelims at the ACC Outdoors with a time of 21.53...**Prep:** a standout athlete at Wheeler High School...earned All-America honors as a defensive back from SuperPrep and Blue Chip Illustrated...**Personal:** a political science major...born March 21, 1974.



JONATHAN CARTER

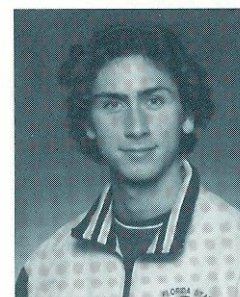
SPRINTS

Year: Senior

Hometown: Ft. Lauderdale, FL
(Dillard HS)

Collegiate Bests: 55M (6.22),
100M (10.19), 200M (21.00)

An Olympic trials qualifier...earned All-America honors last season...leader of talented Seminole sprint corp...one of the nation's top sprinters...**1995:** seventh place finish at the NCAA Outdoor 100M dash...second at ACC outdoor meet in the 100M dash (10.52) and fourth in the 200M dash (21.00)...second in 55M dash (6.27) and third in the 200M dash (21.61) at the ACC indoors...tied collegiate best time in the 100M at Seminole Twilight (10.19)...finished either first or second in every outdoor meet in the 100M dash...**1994:** ACC indoor champion in the 200M (21.69)...conference champion in the 100M outdoor (10.44)...ran on the 4x100M team that posted the top collegiate outdoor time at 39.64...**1993:** placed third at the ACC Indoors in the 55 meters (6.24) and fourth in the 200M (21.44)...qualified for the NCAA Indoor field in the 55M but failed to advance after running a 6.48 in the opening round...finished third and sixth at the ACC outdoors in the 100 and 200 meters respectively...ran a career best 10.19 in the 100M dash at the Run-Tex Invitational to automatically qualify for the NCAA Outdoors...clocked a 10.46 and was eliminated after the preliminaries at the NCAA's...**1992:** redshirted during the outdoor season after suffering a foot injury...**Prep:** anchored Florida's fastest 4x100M relay team ever (40.8)...state champion in the 100 meter dash as a senior at Fort Lauderdale's Dillard High School...**Personal:** a criminology major...born May 10, 1972.



ANDREA COLOMBO

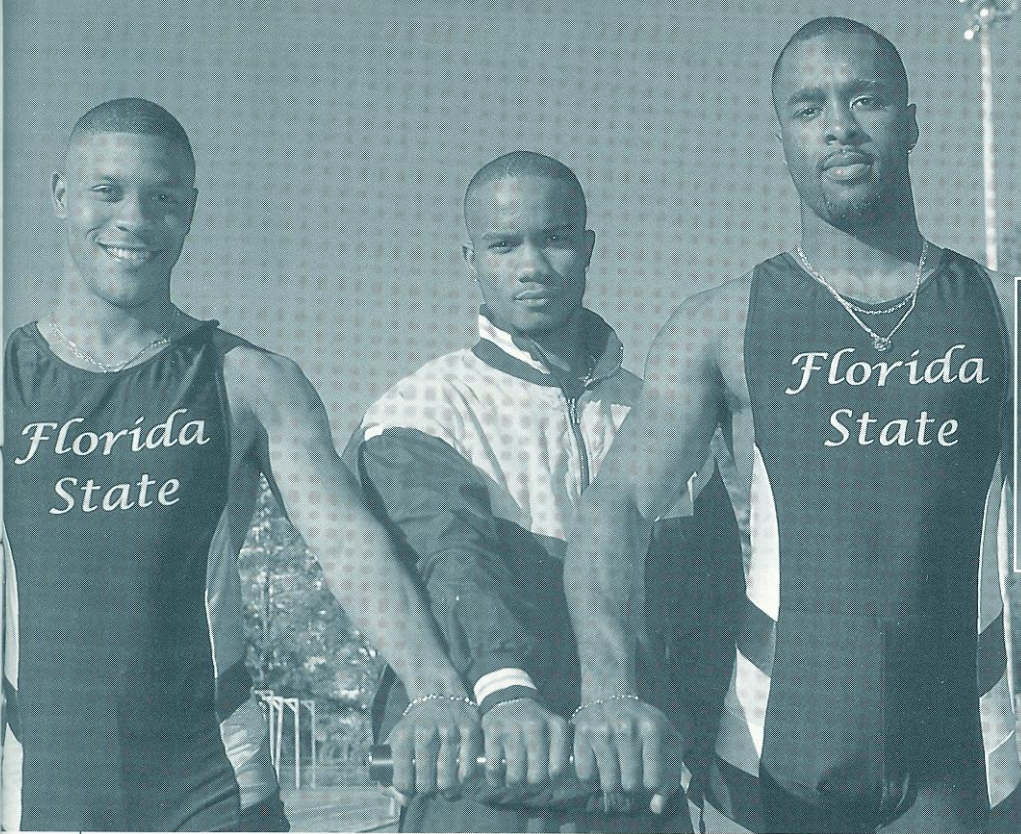
SPRINTS

Year: Sophomore

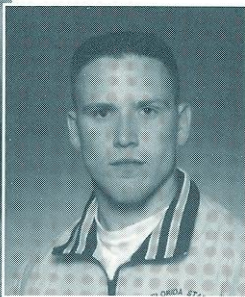
Hometown: Milan, Italy

Personal Bests: 100M (10.46)
200M (20.84)

Talented runner who should add depth to strong Seminole sprint team...one of the top European sprinters...will gain early collegiate experience during indoor season...**Prep:** European Junior 200 meter dash champion...**Personal:** a psychology major.



Jonathan Carter, Patrick Hayes and Phillip Riley lead the Seminole sprinters



TIM FRANKLIN

SPRINTS/HURDLES
 Year: Senior
 Hometown: Signal Mountain, TN (McCallie HS)
 Collegiate Bests: 400IH (51.74),

Will be a valuable runner during the outdoor season...has no indoor eligibility remaining...will be counted on for scoring in the 400 meter events...**1995:** finished 1st in the 400IH at the FSU relays with a time of 52.17...clocked at 52.33 in the 400IH at the Auburn Invitational in a

2nd place effort...key member of 4x400M provisional qualifying relay team...**1994:** provisional qualifier in the 400IH...ran collegiate best 51.74 at ACC outdoor championships in finishing 5th...finished 3rd at US West Indoor Invitational in the 400M (49.48)...long jumped 21-0 at same meet...**1993:** made a good showing at the ACC Championships by finishing third in the 400 intermediate hurdles (52.71)...ran a season and career best 52.21 and placed first in the 400 intermediate hurdles at the Don Kirby Memorial...saw action as a sprinter during the indoor season while running the 200 and 400 meter dashes...**1992:** redshirted during the outdoor season...**Prep:** an All-City performer for three years at McCallie High School...also an All-State selection for three straight years...holds five McCallie school records...**Personal:** a nutrition and fitness major...born May 17, 1973.



WARRICK DUNN

SPRINTS
 Year: Junior
 Hometown: Baton Rouge, LA (Catholic HS)
 Collegiate Bests: 55M (6.21)

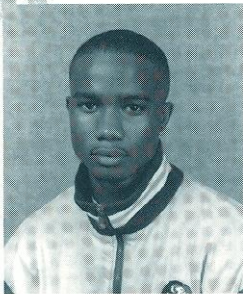
Considered one of the best athletes in the nation...potential qualifier for NCAA's...one of the conference's top sprinters when healthy...will be a contender for the Heisman Trophy next year on the football field after deciding to return for his senior year...only running back in FSU history to record two 1,000 yard rushing seasons in a career...**1995:** placed fourth at the Bill Cosby Invitational in the 55M dash with a time of 6.29...Sugar Bowl MVP for Florida State football team...**1994:** finished 1st in the 55M at the U.S. Mobil Indoor Championships with a time of 6.21...did not place at either the ACC or NCAA Championships due to a hamstring injury...**Prep:** Louisiana State Champion in the 100 meter dash as a senior at Catholic High School in Baton Rouge...ran for 1,187 yards and accounted for 17 touchdowns as a senior while playing quarterback...**Personal:** a computer science major...born January 5, 1975.

REGINALD GLOVER

SPRINTS
 Year: Freshman
 Hometown: Sanford, FL (Oakridge HS)

Freshman who has impressed coaches in practice...will see early action in indoor sprinting events...shows outstanding work ethic in the classroom and on the track...**Prep:** a four year high school letterman in both track and football...a 1995 All-American in the 4x800M relay...team captain during senior track season...**Personal:** undecided on major...born July 11, 1977.

1996 MEN'S BIOS



PATRICK HAYES

SPRINTS

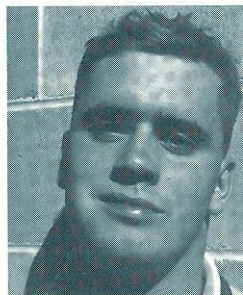
Year: *Sophomore*

Hometown: *Evergreen, Louisiana*

(*Bunkie HS*)

Collegiate Bests: *55M (6.20), 100M (10.79), 200M (21.42)*

Exceptional young talent who is looking to follow up impressive freshman campaign...looks to be FSU's top sprinter in the indoor season...will run the 400M as well this year...also has outstanding ability in the long jump...**1995:** NCAA provisional qualifier in the 55M and 200M...recorded a time of 6.20 in the 55M at the Bill Cosby Invitational in a 2nd place effort...long jumped 22-03 at the Bill Cosby Invitational...finished 8th in the ACC Indoors with a time of 21.95 in the 200M finals...ran a 10.91 in the 100M dash at the ACC Outdoors to finish one place behind the finalists...4th in the 100M dash at the Florida Relays (10.81)...**Prep:** Four time Louisiana state 200 meter champion and twice state 100 meter champion...state champ in the 55 meters and held the second fastest time nationally in the 55 meters...**Personal:** undecided on major...born March 13, 1976.



GREG JACK

THROWS

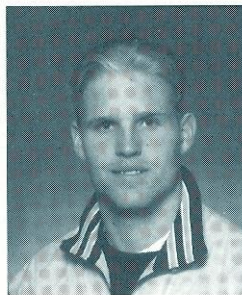
Year: *Sophomore*

Hometown: *Eganville, Ontario*

(*St. Pius X HS*)

Collegiate Bests: *Shot Put (54-2), Javelin (201-9), Discus (139-6)*

Strong thrower with the potential to score in the shot, discus and javelin...has shown continued improvement since joining the Seminoles last year...**1995:** finished third in the ACC Outdoor javelin finals with a throw of 201-9...had career best shot (50-2) at the ACC Outdoors in a 9th place effort...third place at the Auburn Invitational in the discus (139-6)...also finished third in the javelin(184-7) and fourth in the shot(49-8.25) at Auburn...**Prep:** ranked in Canada's top 15 in the shot, discus and javelin...member of Canadian junior team in discus and javelin...five year high school track MVP...**Personal:** plans to major in physical education...born September 12, 1975.



JUSTIN JOHNSTON

THROWS

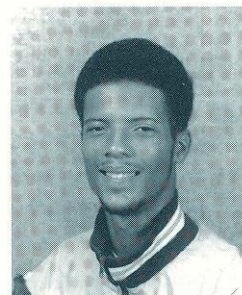
Year: *Junior*

Hometown: *Belgrade, MT*

(*Belgrade HS*)

Collegiate Best: *Javelin (231-5)*

The ACC's top javelin thrower in 1995...an NCAA All-American (#6 in the country)...USA Olympic Trials qualifier along with teammates Phillip Riley and Jonathan Carter...**1995:** finished 3rd at the FSU Relays with a mark of 219-5...took 1st place at the Seminole Twilight with a monster toss in the javelin of 231-5...won ACC Outdoor title in the javelin with a throw of 217-11...**1994:** conference runner-up in the javelin (199-10)...threw for season best 200-9 at FSU Relays to finish 3rd...competed in six events...**Prep:** Montana state high school champion in the javelin...carried a 3.6 GPA throughout high school...ranked No. 2 in the nation in the javelin in 1993...earned Parade, USA Today and Track & Field News All-American honors...a three sport letterman at Belgrade High School...**Personal:** a science education (biology) major...born November 24, 1974.



ANTON KELLY

MIDDLE DISTANCE

Year: *Sophomore*

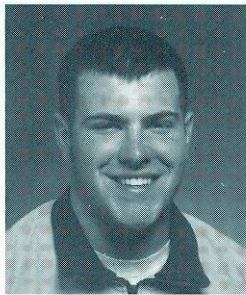
Hometown: *Tallahassee, FL*

(*Lincoln HS*)

Collegiate Best: *800M (1:53.74)*

Solid talent who should develop into a fine middle distance runner with consistent improvement...expected to continue tradition of excellent 800m runners at FSU...**1995:** ran a 1:54.29 at the ACC Outdoors...missed qualifying for the finals by less than one second...recorded a 3rd place finish at the Auburn Invitational with a time of 1:55.40...**1994:** redshirted...**Prep:** Big Bend Track Athlete of the Year as a senior at Lincoln High School...one of the top half milers in the state of Florida as a senior...team captain of cross country team as a senior at Lincoln...finished fifth in the 800 meter run at the Class 4A state high school championships...**Personal:** a biology major...born September 27, 1974.





JODY LAWRENCE

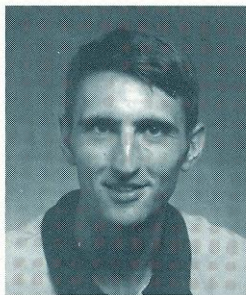
THROWS

Year: Freshman

Hometown: Cocoa, FL

(Titusville HS)

Strong young thrower with the potential to make an early impact...can contribute in areas of discus, shot and weight throw...**Prep:** earned nine letters in high school while competing in football, basketball and track...captained all three teams...earned school's scholar-athlete award...All-Conference honors in track at Titusville...**Personal:** plans to major in biochemistry...born June 9, 1977.



BRIAN LUCYK

DISTANCE

Year: Sophomore

Hometown: Longwood, FL

(Lake Brantley HS)

Collegiate Best: 10,000M (32:11.05)

Redshirt sophomore who has shown continued improvement in the long distances...team captain of 1995 FSU cross country team...ran a personal best 25:34 while improving to a 20th place finish at the ACC Cross Country Championships...**1995:** placed 7th at the FSU Relays with a time of 32:11.05 in the 10K...recorded a time of 9:04.66 in the Seminole 4-way in a fifth place effort...**1994:** redshirted...**Prep:** Conference and District Champion as a senior at Lake Brantley...received scholar athlete award as a senior...four-year member of high school honor roll...**Personal:** a finance and multinational business major...born October 11, 1974.



TIM MIDDELKOOP

MIDDLE DISTANCE

Year: Senior

Hometown: Tara, Ontario

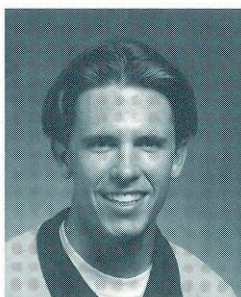
(Chesley District HS)

Collegiate Bests: 400M (47.54),

800M (1:48.06)

The top returning 800 meter runner in the ACC...Florida State's top middle distance runner...will play important role in the 4x400M relay...**1995:** finished second at the ACC Outdoors with a time of 1:50.35 in the 800M...ran 1:55.32 in the finals of the 800M at the ACC Indoors in a 3rd place effort...took fourth place at the

Florida Relays in the 800M with a time of 1:50.20...clocked at 1:52.59 at the Auburn Invitational to finish first in the 800 meters...**1994:** finished 4th in the ACC Outdoors (1:49.64)...finished fifth in the ACC Indoor (1:53.43)...ran 1:50.57 to win the 800M in the FSU Relays...**1993:** placed third in the ACC Indoor 800M (1:51.12) and sixth in the conference outdoor 800M (1:51.35) placed first at the Gator Twilight in the 800 meters by clocking in at 1:49.45...**Prep:** took third in both the 400 and 800 meters at the Canadian Junior Nationals in 1990...**Personal:** plans to major in industrial engineering...born April 15, 1972.



REID MONTINI

DISTANCE

Year: Sophomore

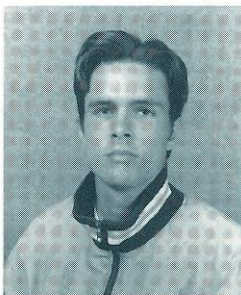
Hometown: Palm Beach Gardens, FL

(Benjamin)

Collegiate Bests: 5,000M (15:23.21),

10,000m (31:49.00)

Young distance runner with great potential...one of the top runners on the 1995 cross country team...finished fifth in the 10,000M at Junior Nationals...named to Dean's List in first semester at FSU...**1995:** placed third in the 3,000M at the FSU 4-way meet with a time of 8:48.13...clocked at 15:28.1 in a fifth place effort in the 5,000M at the Auburn Invitational...ran 15:38.42 at the ACC Outdoor Championships in the 5,000M...**Prep:** All-Area in track and cross country at Benjamin as a junior and senior...**Personal:** majoring in biological science...born April 2, 1976.



DAVID OGLETREE

DISTANCE

Year: Sophomore

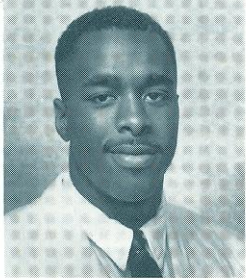
Hometown: Tallahassee, FL

(Lincoln HS)

Collegiate Best: Steeplechase (9:50.49)

Tallahassee product returning from a redshirt year...should be a solid contributor in steeplechase and distance events...**1995:** redshirted...**1994:** finished second at the Spring Track Classic in the steeplechase with a time of 9:50.49...timed at 9:50.98 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:** born August 12, 1974.

1996 MEN'S BIOS



PHILLIP RILEY

HURDLES/SPRINTS

Year: Senior

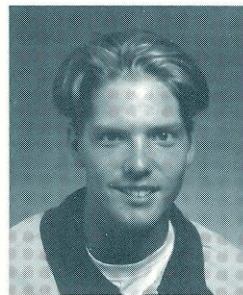
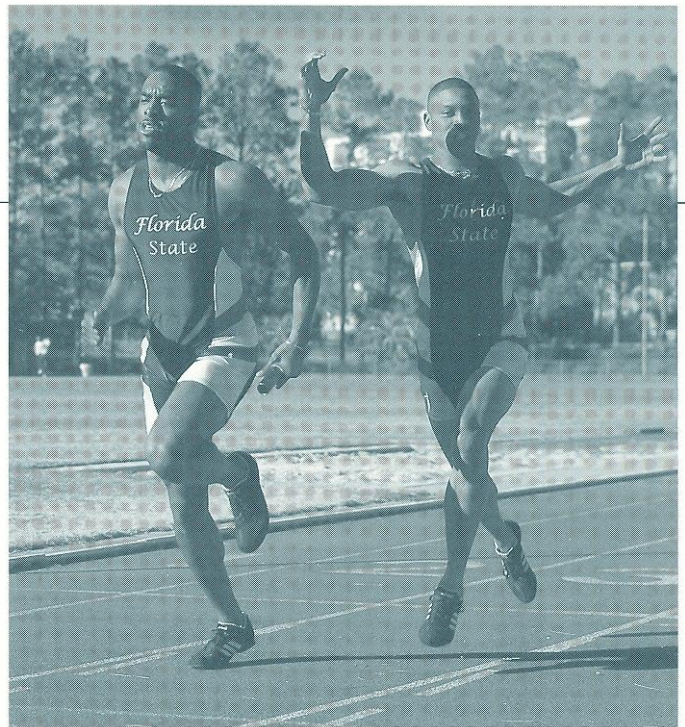
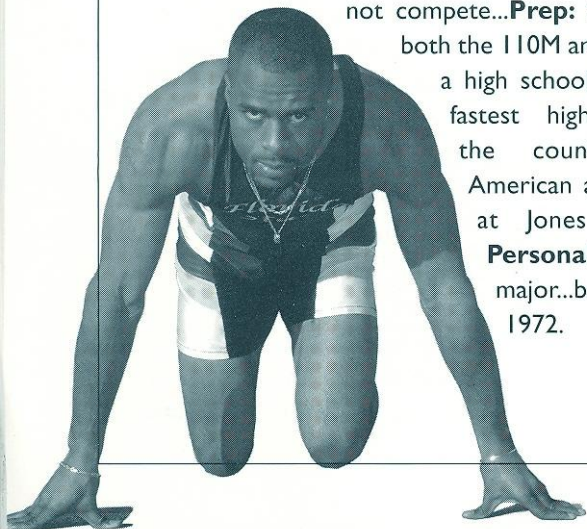
Hometown: Orlando, FL (Jones HS)

Collegiate Bests: 55M (6.13), 55MH (6.10), 100M (10.55), 110MHH (13.71)

National Champion in the 55M hurdles at the NCAA Indoor Championships in Indianapolis...took first with a time of 7.10, tying his personal best...FSU's first individual track and field title since Mike Roberson won the NCAA Outdoor 200M in 1980...one of the finest athletes in Florida State Track and Field history...the nation's premiere sprint hurdler...has only outdoor eligibility remaining... national junior college indoor 55 meter high hurdles champion four years ago...speedy wide receiver on the Orange Bowl Champion Seminole football team...broke a 13-year old O'Connell Center record when he ran 6.10 in the 55M...**1995:** qualified for the NCAA's in the first meet of the indoor season in the 55MHH (7.22) after only three days of practice...indoor All-American in the 55M high hurdles where he finished 2nd (7.18)...**1994:** Indoor All-American in 55MHH where he finished 2nd at NAAs in 7.18...also an NCAA qualifier in the 55M...ACC indoor champion in 55M (6.19) and 55MHH (7.19)...conference outdoor champion in the 110MHH (13.71)...won every indoor meet he competed in (4) with the exception of NAAs for the 55M and 55MHH...**1993:** automatically qualified for the NCAA Indoor Championships by clocking a 7.13 in the 55 meter hurdles at the Barnett Bank Invitational...that time broke the University of Florida's O'Connell Center record previously held by FSU Olympian Arthur Blake and NFL wide receiver Willie Gault...advanced to the semi-finals at the NAAs but did not finish that race...provisionally qualified for the 55 meter dash but did not compete...**Prep:** state champion in both the 110M and 300M hurdles as

a high school junior...the third-fastest high school senior in the country...Parade All-American as a wide receiver at Jones High School...

Personal: a social science major...born September 24, 1972.



JASE RITTER

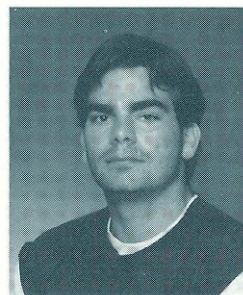
DISTANCE

Year: Junior

Hometown: Bonita Springs, FL (Estero HS)

Collegiate Bests: Steeplechase (9:57.42)

Junior who will be counted on to score in conference action...specializes in the 3,000M Steeplechase...a member of the Seminole cross country team...**1995:** finished 10th at the ACC Outdoor Championships in the 3,000M Steeplechase (9:57.42)...recorded a third place finish at the FSU 4-way meet in the Steeplechase with a time of 10:07.52...**Prep:** honor student at Estero High School...team captain for track and cross country teams during senior year...also a three year member of varsity swim team...**Personal:** a sports psychology major...born October 4, 1974.



ANTHONY SASSO

THROWS

Year: Senior

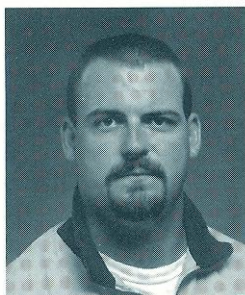
Hometown: Cape Coral, FL

(Cape Coral HS)

Collegiate Bests: Shot (53-10), Discus (157-9), Weight (52-1)

Top returning discus thrower on the Florida State team...a scorer in the discus and shot put in the ACC...should score in the discus at the outdoor conference meet again...outstanding student and hard worker...**1995:** finished fifth for the second consecutive year in the shot put at the

ACC Outdoor Championships...placed fifth at the ACC Outdoors in the discus with a mark of 154-9...recorded career-best toss in the shot put at the Auburn Invitational in a second place effort...also placed first in the hammer with a mark of 147-7...**1994**: threw for season best 51-0.25 in the shot at ACC Outdoor to finish 5th...also finished 5th in the discus (46.08)...threw collegiate best 157-9 in the discus against Auburn...**1993**: finished ninth in the discus at the ACC meet (142-8)...placed 12th in the shot put (44-1.25)...best discus throw of the year came at the Springtime Invitational with a throw of 146-11...put the shot 47-2.25 at the Gator Field Events for a season and career best...**Prep**: placed fourth in the state meet his senior year...**Personal**: majoring in mechanical engineering...born March 12, 1974.



WILLIAM SHIRK

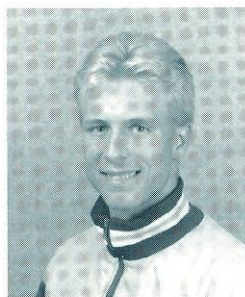
THROWS

Year: *Sophomore*

Hometown: *Sarasota, FL (Sarasota HS)*

Collegiate Best: *Weight (58-6)*

Redshirt thrower with great potential...will have an opportunity to score in the conference meet as FSU graduated two of its top throwers...**1995**: redshirted...**Personal**: majoring in geography...born October 30, 1973.



BRIAN TILL

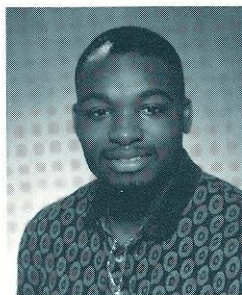
POLE VAULT

Year: *Sophomore*

Hometown: *Kissimmee, FL (Osceola HS)*

Collegiate Best: *Pole Vault (15-1.5)*

The top pole vaulter on the Seminole squad...standout in the classroom...named to Dean's List four times...**1995**: took second place in the pole vault at the FAMU Outdoor meet with a mark of 14-1.25...finished fifth at the Auburn Invitational and the FSU Relays with identical vaults of 13-11.25...**Prep**: played three sports at Osceola High School...won the state championship as a senior...a TAC Junior National Champion...**Personal**: majoring in Biochemistry...born April 22, 1975.



ANTHONY WASHINGTON

HIGH JUMP/TRIPLE JUMP

Year: *Senior*

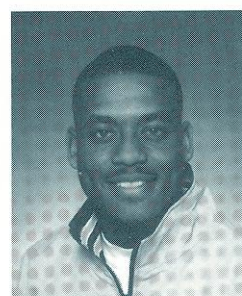
Hometown: *Altamonte Springs, FL*

(*Lake Brantley HS*)

Collegiate Bests: *High Jump (7-1),*

Triple Jump (49-11.25)

Senior leader in high and triple jump events...his performances will be key to Florida State's success this season...**1995**: placed fourth in the ACC Indoors with a jump of 6-9...third at the ACC Indoors in the triple jump (49-11.25)...tied collegiate best with a mark of 7-1 at the Barnett Bank Invitational...placed first in the triple jump there with a mark of 47-3...jumped 6-11.25 at the Seminole Twilight in a first place effort...finished second at the FSU Relays with a triple jump of 48-4.75...**1994**: high jumped a collegiate high (7-1) at the ACC Indoor Championships to finish 2nd...placed fifth in ACC Indoor (49-1.5)...placed 4th in ACC Outdoor in high jump (7-0.5) and sixth in indoor (49-8.5)...high jumped 7-0.5 in three meets in outdoor season...**1993**: finished third at the ACC Indoors with a provisional high jump of 7-1...eighth in the conference indoor triple jump (48-8.75)...fifth at the ACC Outdoor in the high jump with a leap of 6-10.75...**Prep**: received the Guy Garrett Award as Lake Brantley's best male athlete...honorable mention all-state in basketball...**Personal**: majoring in psychology...participated in MTV's Sandblast over the summer...born October 7, 1973.



DONALD WEST

HURDLES

Year: *Junior*

Hometown: *Huntsville, AL (Huntsville HS)*

Collegiate Bests: *100M (10.85),*

110MHH (14.48)

Senior who will be valuable in the sprint hurdles...an ACC finalist in 1994...best events are the 100M and 110M hurdles...**1995**: recorded collegiate best time in the 110M hurdles (14.48) at the FSU Relays in a first place finish...took second at the Seminole Twilight in the 110M hurdles with a time of 14.51...placed 8th in the 100M dash at the Auburn Invitational...**1994**: ACC finalist in both indoor and outdoor seasons...finished 7th in the ACC Outdoor in the 110HH (14.76)...eighth in ACC Indoor in the 55HH (7.75)...**Prep**: All-State and All-City track performer...a Boy's State Delegate in 1991...competed in football and track at Huntsville High School...**Personal**: studying psychology and pre-law...born February 16, 1974.



1996 MEN'S NCAA QUALIFYING MARKS

INDOOR

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.19		6.28	
60 Meters	6.69	-	6.78	-
55-Meter hurdles	7.24	-	7.39	-
60-Meter hurdles	7.84	-	7.99	-
200 Meters				
(Under 200m/220 yds)*	21.30	-	21.75	-
(200m/220 yds)*	21.15	-	21.60	-
(Over 200m/200 yds)*	20.00	-	21.45	-
400 Meters				
(Under 200m/220 yds)*	46.97	46.7	48.10	47.8
(200m/220 yds)*	46.72	46.4	47.85	47.6
(Over 200m/220 yds)*	46.47	46.2	47.60	47.3
800 Meters				
(200m/220 yds or less)*	1:49.25	1:49.0	1:51.00	1:50.7
(Over 200m/220 yds)*	1:48.75	1:48.5	1:50.50	1:50.2
Mile #				
(200m/220 yds or less)*	4:01.80	4:01.5	4:06.50	4:06.2
(Over 200m/220 yds)*	4:01.00	4:00.7	4:05.70	4:05.4
3,000 Meters #				
(220m/220 yds or less)*	8:01.50	8:01.2	8:12.00	8:11.7
(Over 200m/220 yds)*	8:00.20	7:59.9	8:10.70	8:10.4
5,000 Meters #				
(200m/220 yds or less)*	14:00.00	13:59.7	14:18.00	14:17.7
(Over 200m/220 yds)*	13:58.15	13:57.9	14:16.15	14:15.9
1,600-Meter Relay				
(Under 200m/220 yds)*	3:10.00	3:09.7	3:14.00	3:13.7
(200m/220 yds)*	3:08.50	3:08.2	3:12.50	3:12.2
(Over 200m/220 yds)*	3:07.00	3:06.7	3:11.00	3:10.7
Mile Relay				
(Under 200m/220 yds)*	3:11.20	3:10.9	3:15.20	3:14.9
(200m/220 yds)*	3:09.70	3:09.4	3:13.70	3:13.4
(Over 200m/220 yds)*	3:08.20	3:07.9	3:12.20	3:11.9
Distance Medley-Meters #				
(200m/220 yds or less)*	9:37.00	9:36.7	9:52.00	9:51.7
(Over 200m/220 yds)*	9:34.75	9:34.5	9:49.75	9:49.5
Distance Medley-Yards #				
(200m/220 yds or less)*	9:40.00	9:39.7	9:55.00	9:54.7
(Over 200m/220 yds)*	9:37.75	9:37.5	9:52.75	9:52.5

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

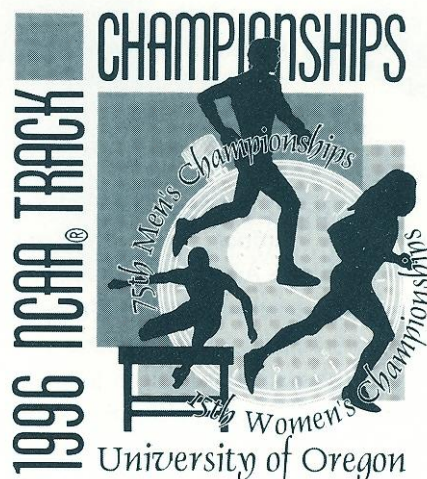
OUTDOOR

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 Meters	10.20	-	10.40	-
200 Meters	20.55	-	20.90	-
400 Meters	45.65	45.4	46.50	46.2
800 Meters	1:47.50	1:47.2	1:48.95	1:48.7
1,500 Meters #	3:41.40	3:41.1	3:46.00	3:45.7
Mile #	3:59.09	3:58.8	4:04.06	4:03.8
3,000 Meter				
Steeplechase #	8:44.00	8:43.7	8:57.00	8:56.7
5,000 Meters #	13:53.00	13:52.7	14:15.00	14:14.7
10,000 Meters #	29:05.00	29:04.7	29:50.00	29:49.7
110-Meter Hurdles	13.72	-	14.04	-
400-Meter Hurdles	50.50	50.2	51.75	51.5
400-Meter Relay	39.35	39.1	39.90	39.6
440-Yard Relay	39.55	39.3	40.10	39.8
1,600-Meter Relay	3:04.20	3:03.9	3:07.00	3:06.7
Mile Relay	3:05.40	3:05.1	3:08.20	3:07.9

	METRIC	METRIC
High Jump	2.25	2.18
Pole Vault	5.52	5.30
Long Jump	8.05	7.70
Triple Jump	16.45	15.75
Shot Put	18.80	17.65
Discus	59.00	54.50
Javelin	74.00	67.50
Hammer	67.00	59.70
Decathlon	7,550 points	7,100 points

* - Size of track

- Altitude adjustment available



Men's Records

100 Meter Dash

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

200 Meter Dash

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

400 Meter Dash

FSU Outdoor Record	44.99	1981	Walter McCoy
Mike Long Track Record	45.35	1984	James Rolle, Bud Light TC
ACC Outdoor Record	44.71	1984	Antonio McKay, Georgia Tech
Collegiate Record	45.50	1992	Quincy Watts, Southern California

800 Meter Run

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

1500 Meter Run

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

3000 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/KEN

5000 Meter Run

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

10,000 Meter Run

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

110 High Hurdles

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

400 IM Hurdles

FSU Outdoor Record	49.15	1995	John Rothell
Mike Long Track Record	49.36	1985	Tony Rambo, Bud Light TC
ACC Outdoor Record	48.60	1986	Derrick Adkins, Georgia Tech
Collegiate Record	47.45	1977	Edwin Moses, Morehouse

4 X 100M Relay

FSU Outdoor Record	39.34	1977	Roberson, Walker, Merrick, Forbes
Mike Long Track Record	39.15	1984	Butler, Krulee, Smith, Iattany, Bud Light TC

ACC Outdoor Record	39.07	1989	Bryant, Frazier, Brooks, Braunskill, NC State
Collegiate Record	38.23	1989	Porter, Smith, Scholars, Stewart, TCU

4 X 400M Relay

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

Hammer

FSU Outdoor Record	215-8	1986	Horatio Garcia
Mike Long Track Record	221-8 1/2	1983	Derrin Hegerty, Boston
ACC Outdoor Record	199-3	1981	Al Baginski, Maryland
Collegiate Record	257-0	1986	Ken Flax, Oregon

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	71-11	1984	John Brenner, UCLA

Discus

FSU Outdoor Record	212-6	1979	Brad Cooper
Mike Long Track Record	211-4	1986	Brad Cooper, Bahamas TC
ACC Outdoor Record	203-4	1982	Jack Harkness, Clemson
Collegiate Record	232-4	1992	Kamy Keshmiri, Nevada

Javelin

FSU Outdoor Record	233-10	1994	Louis Angelo
Mike Long Track Record	248-5	1988	Tom Pukstys, DuPage
ACC Outdoor Record	240-8	1992	Sean Murray, North Carolina
Collegiate Record	292-4	1990	Patrick Bodin, Texas

High Jump

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

Long Jump

FSU Outdoor Record	25-11 1/2	1983	Mark Freeman
Mike Long Track Record	27-6 3/4	1982	Larry Myricks, Unattached
ACC Outdoor Record	26-2 1/4	1985	Jake Howard, NC State
Collegiate Record	28-3 1/2	1981	Carl Lewis

Triple Jump

FSU Outdoor Record	54-6	1992	Kelsey Nash
Mike Long Track Record	54-6	1992	Kelsey Nash
ACC Outdoor Record	55-3	1979	Dennis Ivory, Maryland
Collegiate Record	58-7 1/4	1985	Charlie Simpkins, Liberty Baptist

Decathlon

FSU Outdoor Record	7612	1981	Rohn Stark
Mike Long Track Record	8203	1990	Gary Armstrong, 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	19-2 1/4	1985	Joe Dial, Oklahoma State



MEN'S ALL-TIME TOP PERFORMANCES

100 Meters

1. Mike Roberson	10.08	1979
2. Don Merrick	10.14	1975
3. Jonathan Carter	10.19	1995
4. Ron Nelson	10.20	1980
5. Jimmy Daniel	10.24	1985
6. Deion Sanders	10.26	1988
7. Clark Waddell	10.28	1985
8. Jessie Forbes	10.29(w)	1978
9. Bobby Butler	10.30	1980
10. Sammie Smith	10.31	1987

200 Meters

1. Mike Roberson	19.96(w)	1980
2. Mike Roberson	20.08	1980
3. Don Merrick	20.39	1976
Ronnie Taylor	20.39	1982
5. Ron Harrison	20.42	1960
6. Deion Sanders	20.60	1987
7. Arthur Blake	20.63	1987
8. Clarke Waddell	20.76	1986
9. Kevin Ansley	20.77	1994
10. Sammie Smith	20.82	1988

400 Meters

1. Walter McCoy	44.99	1981
2. Kevin Ansley	45.68	1994
3. Thomas Johnson	45.69	1986
4. Clark Waddell	45.80	1985
5. Carter Williams	45.85	1985
Vince Washington	45.85	1985
7. Ron Nelson	46.16	1980
8. Vince Bostic	46.20	1984
9. John Walker	46.50	1977
Lynn Brown	46.50	1980

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	1:47.40	1991
5. Tyrone Frederick	1:47.44	1974
6. Mark Grey	1:47.89	1994
7. Tim Middelkoop	1:48.06	1994
8. Rob Gomez	1:48.80	1980
9. Doug Loftus	1:48.83	1983
10. Martin Reid	1:48.84	1994

1500 Meters

1. Ocky Clark	3:43.02	1986
2. Rob Gomez	3:43.60	1982
3. Bobby Burr	3:44.46	1974
4. Tom Herron	3:45.30	1980
5. Jason Frank	3:47.10	1990
6. Bobby Shakleford	3:47.30	1982
7. Mike Conley	3:47.52	1958
8. Martin Enholm	3:47.60	1984
9. Martin Reid	3:48.16	1994
10. Rob Circelli	3:49.10	1991

5000 Meters

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

10000 Meters

1. Ken Misner	28:55.51(c)	1971
2. Herb Wills	28:58.70	1982
3. Larry Greene	29:34.00	1983
4. Paul Waldron	29:43.10	1981
5. David Keen	29:47.20	1989
6. John Hodge	30:30.00	1980
7. Ronnie Treadway	30:35.00	1982
8. Greg Doss	30:43.50	1985
9. Matt Dobson	31:32.27	1991
10. Steve Wilcox	31:35.01	1992

3000 Steeplechase

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

110 Meter High Hurdles

1. Arthur Blake	13.29	1987
2. Mike Roberson	13.40	1976
3. Danny Smith	13.44	1974
4. Rodney Lawson	13.50	1987
5. Marcus Dixon	13.65	1993
6. Phillip Riley	13.71	1995
7. Mike Kelly	13.74	1969
8. Marcus Dixon	13.75	1994
9. Leander McKenzie	13.81	1984
10. Darren Nutt	13.91	1992

400 Meter Intermediate Hurdles

1. John Rothell	49.15	1995
2. Leander McKenzie	49.33	1985
3. Mike Kelly	49.99	1969
4. John Citron	50.46	1979
5. Eric Riley	50.71	1984
6. Charlie Carr	50.83	1984
7. Chris Sloan	51.31	1991
8. Eric West	51.73	1987
9. Tim Franklin	51.74	1994
10. Kelsey Nash	52.16	1992

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. Sid Gainey	24'11"	7.59	1966
8. Rudy Falana	24'10 3/4"	7.58	1975
9. Carlton Scott	24'5 1/4"	7.44	1985
10. Bernie Waxman	24'4 1/2"	7.42	1972

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 1/4"	16.03	1985
4. Henry Finney	51'10"	15.80	1976
5. Charlie Harris	51'8 1/4"	15.75	1974
6. Eric Robinson	51'5 1/2"	15.68	1987
7. Anthony Washington	51' 3/4"	15.56	1994
8. Art Nelson	50'1"	15.27	1992
9. Charles Galloway	49'11"	15.21	1970
Billy Close	49'11"	15.21	1987