

### High Jump

1. Kevin Crist	7'5 3/4"	2.28	1993
2. Kenny Smith	7'4 1/4"	2.24	1984
3. Darrel Wills	7'3 1/2"	2.22	1988
4. Tom Stitt	7'2 1/2"	2.20	19875
Larry Sayer	7'2"	2.19	1980
6. Anthony Washington	7'1 3/4"	2.18	1994
7. Jeff Nedimyer	7'1"	2.16	1976
8. David Etheridge	7'	2.13	1985
Ashley Peebles	7'	2.13	1985
Gary Snells	7'	2.13	1987

### Shot Put

1. Mike Bell	60'8"	18.49	1987
2. Ken Lanier	60'4"	18.39	1979
3. Allen Williams	59'10"	18.23	1963
4. Scott Peterson	59'5"	18.21	1992
5. Ryan Carson	56'4 3/4"	17.19	1994
6. Ray Nuredini	56'4"	17.17	1975
7. Marc Anderson	55'9"	16.99	1995
8. Jeff Clark	55'3 1/4"	16.84	1962
9. Eric Chambers	55'1"	16.79	1991
10. Chuck Crowder	55'	16.76	1971

### Discus

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

### Javelin (New)

1. Lou Angelo	233'10"	71.28	1994
2. Justin Johnston	231'5"	70.54	1995
3. Tom Fetters	230'5"	70.24	1989

### Javelin (Old)

1. Hank Langee	250'4"	76.30	1981
2. Eric Allen	250'	76.20	1977
3. Randy Hutchinson	235'1"	71.66	1973
4. Jim Buck	233'6"	71.18	1971
5. Jerry Henderson	227'5"	69.32	1958

### Hammer

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

### Decathlon

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

### Pole Vault

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

### 4X100 Relay

1. Roberson, Walker, Merrick, Forbes	39.34	1977
2. Carter, Blake, Sanders, Smith	39.40	1988
3. Carter, Dixon, Nash, Ansley	39.47	1994
4. Carter, Nash, Dixon, Ansley	39.54	1993
5. Lawson, Blake, Mayhew, Smith	39.55	1987
6. Gilmer, Milton, Nash, Ansley	39.95	1992
7. McKenzie, Mayhew, Bryant, Waddell	40.09	1986
8. G. Allen, B. Allen, Scott, Daniel	40.23	1985



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

### 4x400 Relay

1. Williams, McKenzie, Waddell, Johnson	3:03.76	1986
2. Nelson, Ross, McCoy, Simmons	3:04.29	1980
3. McKenzie, Washington, Gordon, Johnson	3:04.33	1980
4. McKenzie, Ross, Carr, Bostic	3:05.50	1984
5. Nelson, Caruthers, McCoy, Simmons	3:05.70	1979
6. Jefferson, Nash, Carter, Ansley	3:06.28	1993
7. Grey, Franklin, Rothell, Ansley	3:06.45	1994
8. Carter, Franklin, Middelkoop, Ansley	3:06.93	1995
9. Taylor, Brown, Rolle, McCoy	3:07.39	1981
10. Jefferson, Goldsmith, Nash, Ansley	3:07.49	1992





# SEMINOLE ALL-AMERICANS

## Cross Country

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

## Indoor

- 1980 Mel Boodie, Walter McCoy, Reggie Ross, Palmer Simmons- mile relay (1st)
- 1982 Philip Rolle-800 yards
- 1984 Reggie Ross-4x400
- 1987 Arthur Blake-55m hurdles
- 1988 Arthur Blake-55m hurdles
- 1991 Kevin Crist-high jump
- 1992 Kevin Crist-high jump
- 1993 Jeff Bray-pole vault
- 1994 Phillip Riley-55m hurdles
- 1995 Phillip Riley-55m hurdles

## Outdoor

- 1963 Carter Williams-shot put
- 1968 Mike Kelly-120yd hurdles
- 1969 Doug Brown-100 yards; Mike Kelly-440-yd IM hurdles; Phil Parker-triple jump
- 1971 Ken Misner-3 and 6 miles
- 1972 Joel Garren-200 m
- 1973 Danny Smith-60 yd. hurdles
- 1974 Tyrone Frederick-880 yards; Danny Smith-60 yd hurdles (1st), 120-yd hurdles
- 1975 Rudy Falana-long jump; Jesse Forbes-100 yards; Charlie Harris-triple jump; Tyrone Frederick-880 yards; Danny Smith-60-yd hurdles (1st)
- 1976 Don Merrick-60 yards; Mike Roberson-200m; Phares Rolle-pole vault
- 1977 Mike Roberson-60 yd hurdles (1st)
- 1978 Bradley Cooper-discus; Rudy Forbes-100m; Walter McCoy-600 yards (1st), 400m; Rudy Forbes, Kevin Johnson, Walter McCoy, Mike Roberson-4x100; Walter McCoy, Ron Nelson, Mike Roberson, John Walker-mile relay
- 1979 Bradley Cooper-discus (1st); Walter McCoy-400m; Earl Carruthers, Walter McCoy, Palmer Simmons, Ron Nelson-4X400
- 1980 Mike Roberson- 200m (1st), Walter McCoy-400m, Herb Wills- 10,000m, Leon Hutchins- triple jump, Mike Roberson, Bobby Butler, Kevin Johnson, Walter McCoy- 4 x100.
- 1981 Walter McCoy-400m; Philip Rolle-800m; Rohn Stark-decathlon; Herb Wills-10,000m; Don Frost, Walter McCoy, Ronnie Taylor, Chip Wells-4x100, Lynn Brown, Walter McCoy, Ron Nelson, Philip Rolle-4x400

- 1982 Ronnie Taylor-200m; Herb Wills-10,000m
- 1984 Leander McKenzie-400m IM hurdles; Kenny Smith-high jump; Charlie Carr, Leander McKenzie, Vince Washington, Reggie Ross- 4x400
- 1985 Leander McKenzie- 400m IM hurdles; Kevin Gordon, Thomas Johnson, Leander McKenzie, Vince Washington-4x400
- 1986 Ocky Clark-800m; Leander McKenzie-400m IM hurdles; Thomas Johnson, Leander McKenzie, Clark Waddell, Carter Williams-4x400
- 1987 Horatio Garcia-hammer
- 1988 Arthur Blake-110m hurdles
- 1989 Larry Carr-pole vault
- 1992 Kevin Crist-high jump; Jeff Bray-pole vault
- 1993 Kevin Crist-high jump; Marcus Dixon-110m hurdles; Jonathan Carter, Kevin Ansley, Kelsey Nash, Dixon-4x100
- 1994 Kevin Ansley-400 meters; John Rothell-400m IM hurdles; Jonathan Carter, Marcus Dixon, Kelsey Nash, Kevin Ansley-4x100, Lou Angelo-javelin
- 1995 Jonathan Carter-100 meters; Justin Johnston-javelin

## Seminole Champions

### National Championship Relays

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

## Individual NCAA Champions

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

## Seminole Olympians

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



# MIKE LONG TRACK



1996 marks the 41st year anniversary of Mike Long Track, the home of the Florida State track and field team. In its existence, the complex has grown and seen the Seminole track and field program rise into national prominence.

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

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

Named after Florida State's first track and field head coach Mike Long, the complex has attracted some of the top track and field meets in the nation. Mike Long Track and the City of Tallahassee have played host to the USA Track and Field National Junior Championships in 1988 and the AAU National Championships in 1991. The USA Track and Field National Junior Championships returned to Mike Long Track in the summer of '94. Florida State and Mike Long Track also played host to the Atlantic Coast Conference Outdoor Track and Field Championships in its first year in the league, 1992.

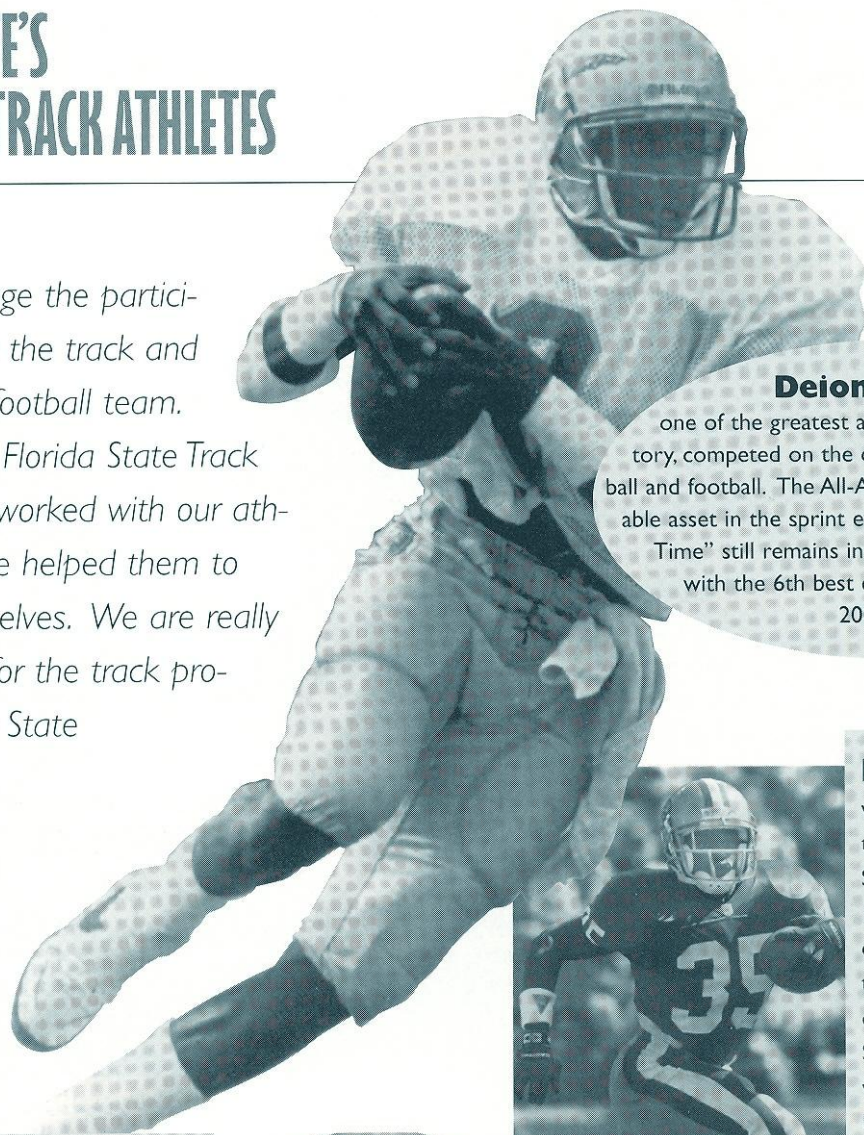
Mike Long Track has been the training facility for many national and world class athletes. And as the Seminole track and field program continues to prosper, Mike Long Track will continue to host many more.



# FLORIDA STATE'S TWO-SPORT TRACK ATHLETES

“**W**e encourage the participation between both the track and field squad and the football team. Coach Long and the Florida State Track and Field staff have worked with our athletes’ speed and have helped them to really improve themselves. We are really proud and thankful for the track program here at Florida State University.”

Bobby Bowden  
Head Football Coach,  
Florida State University

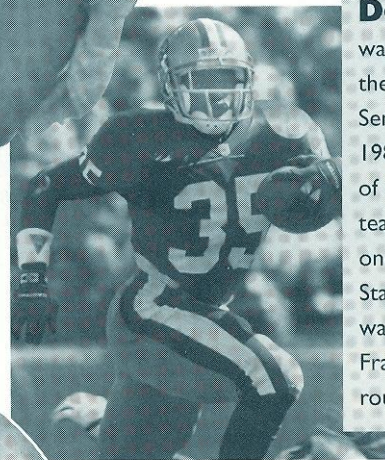


## Deion Sanders

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

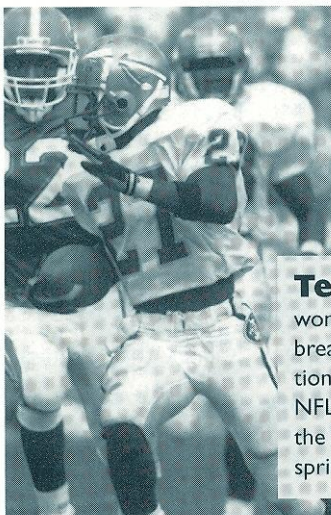
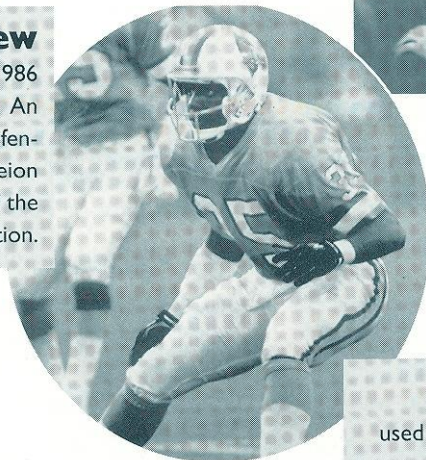
## Dexter Carter

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



## Martin Mayhew

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

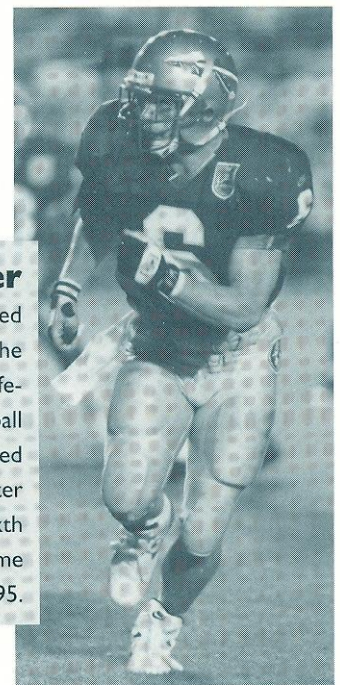


## Terrell Buckley

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

## Steve Gilmer

used his outstanding speed on the track and in the defensive backfield as a safety for the Seminole football team. Gilmer participated on the 1992 4x100 meter relay team that stands sixth on the Florida State all-time list at 39.95.

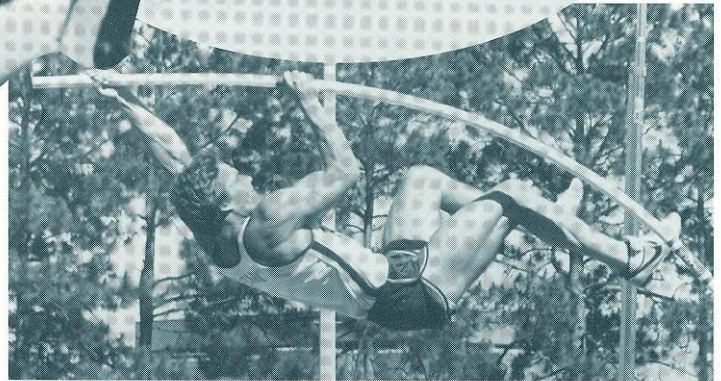






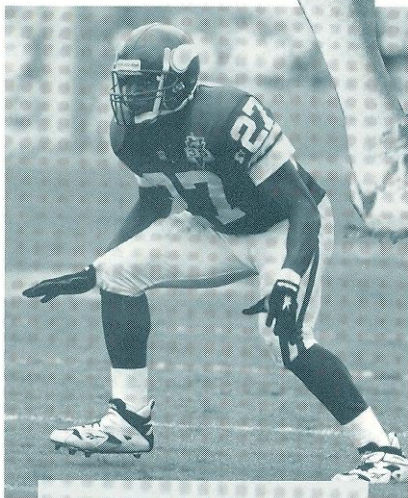
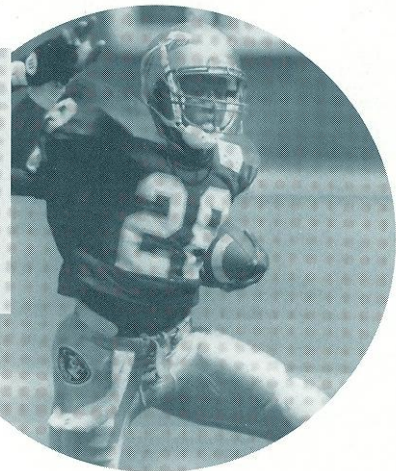
### **Rohn Stark**

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



### **Warrick Dunn**

was the first player in Florida State history to rush for two 1,000 yard seasons. Dunn was a national indoor qualifier in the 55 meters. The junior is considered to be one of the top contenders for the Heisman trophy when he returns to the gridiron for his senior season.



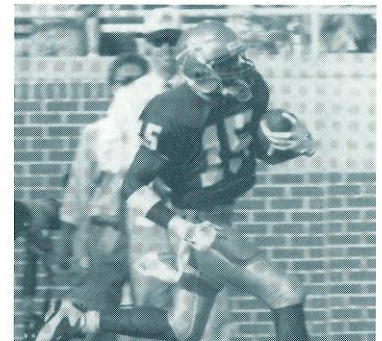
### **Corey Fuller**

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



### **Ken Lanier**

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



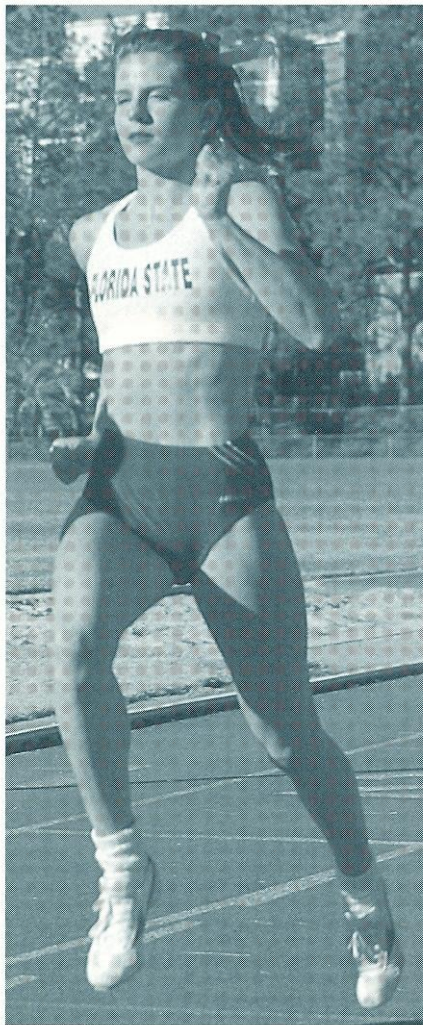
### **Phillip Riley**

the national champion in the 55 meter indoor hurdles in 1995, is one of the most successful two sport athletes Florida State has ever had. Riley, the fastest member of the Seminole receiving corps, has already qualified for the Olympic Trials in 1996.



# 1996 WOMEN'S PREVIEW

**T**he 1996 Lady Seminole track team is looking to improve on their fourth place outdoor and sixth place indoor finishes from a year ago. This year's strengths will lie in the relays, hurdles and sprints with high hopes of improvement in the throwing and distance events.



Junior sprinter Casey Custer

In the sprints, junior Casey Custer is healthy and running extremely well. She will be a force in the 55 and 200m sprints along with the relays. A host of Lady Seminoles will be called on to fill the shoes of Dee Bradley and Peggy Armand. Bradley was an ACC champion who was lost late in the summer to a knee injury and Armand, a senior last year, was a versatile athlete with the talent to score in several events. Junior Sophia Danvers, primarily a 400m runner in the past, will be asked to make the transition into the sprints.

Washington State transfer Yashiva Edwards has been impressive throughout practice and should be a factor in the ACC's. Coach Long is also confident seniors Karen Joseph and Jennifer Mingo can contribute.

"Karen Joseph and Jennifer Mingo are two seniors who look to be improved this year," said Coach Terry Long. "We look forward to them having really good years."

The women are led into the hurdle events by senior Radhiya Teagle and sophomore Rikke Ronholt. Teagle and Ronholt were both NCAA qualifiers in the 400m hurdles

last year. Kristen Thorne, a junior, will combine with Teagle for scoring in the 55m hurdles.

The 800m, not usually a strong event for the Lady Seminoles, looks to be very strong this year with Erica Shepard, Maria Embon, Myrium Charles and newcomer Marleena Crosby. Shepard, a junior, is the top runner at this distance and will be expected to score well in conference action.

"Shepard, Embon, Charles and Crosby have all shown excellent talent and ability in the 800," said Coach Long. "They can also drop back down and run distance medley relays or mile relays, so they are very versatile athletes."

The Florida State women look to continue their excellent tradition in the 4x400m relay. After qualifying for the NCAA's for the last several years, Coach Long expects the same from the 1996 team. Teagle, Shepard, Embon and Danvers return after qualifying for the NCAA's last year. Adding quality depth in that event will be Edwards, Charles and Crosby. In the 4x100m relay, will consist of a mix of Custer, Danvers, Edwards, Shepard, Embon, Joseph and Mingo.

Like several of her teammates on the men's team, Cathy Erickson will not be eligible for the indoor season. Erickson will be an asset during the outdoor season as she is FSU's school record holder in the discus and an ACC scorer in the shot put.

"In the throws, Shannon Cook, Cathy Erickson, Laura Goens and Lakeisha Mose are all very solid in the shot, discus and hammer," stated Coach Long. "I feel real good about our weight events."

Petena Moultrie is a returning conference scorer in the long jump and triple jump. The Lady Seminoles do not have much depth behind Moultrie, but Long believes she can get the job done if she remains healthy.

With the absence of Kirsten Hoffman and injuries to senior Kirsten Birmelin, sophomore Nicole Singleton will be an important factor in the distance events.

"Nicole Singleton is one who has got to have a good year in order for us to be successful," said Coach Long. "She is a very talented middle distance/distance runner who is another individual with all the tools to be competitive in the Atlantic Coast Conference."

The Lady Seminoles, anxious to reach the top of the ACC, will need some athletes to step up into a scoring role. With the right mixture of talent and hard work, the women's team will have the potential for great success in 1996.



# 1996 WOMEN'S ROSTER

Name	Event	CL	Hometown
Lynette Alvarez	S	JR	Deltona, FL
Heather Anderson	D	JR	Orlando, FL
Kirsten Birmelin	D	SR	Bad Wildbad, Germany
Nickie Bournias	D	SO	Jacksonville, FL
Rochelle Bryan	T	FR	Coral Gables, FL
Lara Bryant	D	JR	Jacksonville, FL
Marjorie Charles	MD	JR	Jacksonville, FL
Myrium Charles	S/J	JR	Jacksonville, FL
Shannon Cook	T	JR	Lake Mary, FL
Marleena Crosby	MD	FR	Jacksonville, FL
Casey Custer	S	JR	Arlington, TX
Christine Daniels	J	SO	Orlando, FL
Sophia Danvers	S	JR	Miami, FL
Yashiva Edwards	S	JR	Lemoore, CA
Maria Embon	S	JR	Martinez, GA
Cathy Erickson	T	SR	Hastings, NE
Laura Goens	T	JR	Deltona, FL
Karen Joseph	S	SR	Brooklyn, NY
Christina Kennedy	D	SO	St. Petersburg, FL
Christa King	S	FR	Naples, FL
Stephanie Kohl	D	JR	Melbourne, FL
Kristin Kuehn	H	JR	Rochester, NY
Gretchen Lackey	D	JR	Venice, FL
Megan Lenker	D	JR	Tampa, FL
Chateau Mangaroo	D	JR	Clovis, NM
Jennifer Mingo	S	SR	Lancaster, SC
Lekeisha Mose	T	FR	Richmond, VA
Petena Moultrie	H/J	JR	Jacksonville, FL
Zuzette Mullings	S/J	FR	Ellicott City, MD
Terita Norton	S	FR	Thonotosassa, FL
Emily Ruetenic	D	FR	Lecanto, FL
Rikke Ronholt	H	SO	Allerod, Denmark
Erica Shepard	S	JR	Detroit, MI
Nicole Singleton	D	SO	Orlando, FL
Xuan Stevens	S	FR	Jacksonville, FL
Radhiya Teagle	H	SR	Philadelphia, PA
Adreena Thompson	H/J	JR	Jacksonville, FL
Kristen Thorne	H	JR	Lauderhill, FL
Leslie Wiggins	D	FR	Franktown, CO

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





# 1996 WOMEN'S BIOS




## HEATHER ANDERSON

### DISTANCE

Year: Junior

Hometown: Altamonte Springs, FL  
(Lake Brantley HS)

Collegiate Bests: 800M (2:22.18),  
1500M (4:52.48), 5000M (18:21.09)



Team captain from this year's cross country team...will be counted on to lead the Lady Seminoles into the conference action...one of FSU's top distance runners consistently finishing among team's top three...finished second in cross country for FSU in the ACC...**1995:** recorded her best performance at the Auburn Invitational with a third place finish in the 5000M...placed sixth in the 3000M at the FAMU Relays with a time of 11:01.00...had five top nine finishes in outdoor meets...ran a 5:33.10 at the Barnett Bank Invitational in the 1500m at Florida...**1994:** provided quality depth for the middle distances her first season...competed in five meets...ran 4:52.48 in the 1500M at the ACC outdoors...**Prep:** was first team All-Conference...conference and distance runner-up while at Lake Brantley...**Personal:** majoring in sports marketing...niece of PGA pro Greg Norman...born April 5, 1975.



## KIRSTEN BIRMEIN

### DISTANCE

Year: Senior

Hometown: Bad Wildbad, Germany

Collegiate Bests: 800M (2:14.2),  
1500M (4:32.9)

Senior who figures to be a solid contributor in the outdoor season...FSU's best distance runner...transferred last year from Western Kentucky...held the Hilltoppers' best time in the 1500M (4:32.9) and the 800M (2:14.2) her junior season...one of FSU's top cross country runners in 1995...FSU's top finisher at the ACC cross country meet...earned All-ACC honors with a ninth place finish...should give FSU many top finishes this season...**Prep:** ran with TV Herxheim, a track club in Germany...graduated in the top 10 percent of her class...**Personal:** born December 15, 1971 in Kenzingen, Germany...majoring in business economics.



## MYRIUM CHARLES

### SPRINTS/JUMPS

Year: Junior

Hometown: Jacksonville, FL  
(Edward White HS)

Collegiate Bests: 400M (56.15), 800M  
(2:13.97)

Hard worker with proven ability...will compete in sprints and jumping events...one of FSU's best 800M runners...should provide leadership with her NCAA experience...scored at the ACC Outdoors in the 400 meter hurdles...excellent student named to ACC Honor Roll and Dean's List...**1995:** two 5th place finishes at the FSU 4-way meet in the 400M dash (57.88) and the 400M hurdles (1:05.61)...season-best time (2:13.97) and finish (second) at the Seminole Twilight in the 800 meters...eighth place finish at the Barnett Bank Indoor Invitational in the 800 meters with a time of 2:18.04...**1994:** ran FSU's best time in the 800 meters (2:17.34)...qualified for the NCAA Outdoor Championships as a member of the 4 X 400 relay...ran collegiate best 56.15 in the 400 meters at Spring Track Classic...ran 2:14.27 in the 800 meters at the ACC Outdoor Championships...**Prep:** all-state selection as a junior and senior...district champion in the triple jump as a junior...MVP in cross country and track as a senior...honor student at White High School...**Personal:** twin sister Marjorie also runs for FSU and is taking a redshirt in 1996...plans to double major in French and English education...born April 29, 1975.



## SHANNON COOK

### THROWS

Year: Junior

Hometown: Lake Mary, FL  
(Lake Mary HS)

Collegiate Bests: Shot Put (48-10.5),  
Discus (144-2)

Should be FSU's top thrower...coming off rotator cuff injury...has the potential to qualify for the NCAA Championships...if healthy, should challenge for conference titles in both shot and discus...**1995:** out for season with injury...**1994:** had a strong season finishing second in ACC Outdoor shot put (46-4.25) and third in discus (140.2)...improved her personal best shot put mark by over 4 feet with a 48-0.5 throw at the Gator Field Event Invitational...finished third at ACC Indoors in the



shot...1993: had a good first season at FSU...finished sixth in the shot at the ACC Indoors...made a great showing at her first ACC Outdoor Championships...finished third in the discus and fourth in the shot...**Prep:** second in the state in the shot put as a senior...holds school, county and district records in the shot...**Personal:** a biology major...born January 20, 1974.

## MARLEENA CROSBY

### SPRINTS

Year: Freshman

Hometown: Jacksonville, FL  
(William Raines HS)

Talented newcomer from Jacksonville...should give the Seminoles quality depth in the middle distance events...will run 400 and 800 meter events...**Prep:** Raines track MVP her junior season...most outstanding runner during sophomore and senior seasons...All-Conference as a sophomore, junior, and senior in track and cross country...**Personal:** major is undecided...born February 4, 1978.



## CASEY CUSTER

### SPRINTS

Year: Junior

Hometown: Arlington, Texas  
(James Martin HS)

Collegiate Bests: 100M (11.65), 200M (23.93)

Experienced member of FSU's sprint corps...provisional qualifier for the NCAA Championships in the 100 meter dash and qualifier in the 4 X 100 relay...one of FSU's keys to success in the ACC...**1995:** great year with career bests in the 100M (11.65) and the 200M (23.93)...had a fourth place finish at the Gator Indoor Relays in the 55M dash... at the Bill Crosby Invitational had a second place finish in the 200M dash...recorded a first place finish in the 100 M dash (11.93) and a second place finish in the 200M dash (24.05) at the FSU Relays...ran to a first place finish while clocking a career best in the 100M dash at the Auburn Invitational with a time of 11.65...finished first at the FSU 4-way meet in the 200M with a time of 24.14...**1994:** ran career best in both the 100 meters and the 200 meters at the Barnett Bank Invitational...finished fourth at the FSU relays in the 200 meters (25.21)...**Prep:** one of the nation's top sprinters as the Texas 100 meter record holder in 1992...state 5A

and National Champion in the 200 meters in 1992...ranked third in the 100 meters and fourth in the 200 meters nationally as a junior...**Personal:** majoring in media performance...born November 11, 1974.



## CHRISTINE DANIELS

### JUMPS

Year: Sophomore

Hometown: Orlando, FL  
(Winter Park HS)

Collegiate Bests: High Jump (5-6)

Will compete in the high jump this season...combines excellence in athletics and academics...should compliment an excellent jumping team for tops in the conference...**Prep:** one of Orlando's top jumpers in 1993...Orange County Honor Roll for the high jump in 1994...two-time Burger King Track Award for 1993 and 1994...Winter Park's jumper of the year in 1994...**Personal:** accounting major...born September 29, 1976.



## SOPHIA DANVERS

### SPRINTS

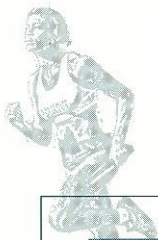
Year: Junior

Hometown: Miami, FL  
(Norland HS)

Collegiate Bests: 200M (24.78),  
400M (54.27)

Talented sprinter with greatest ability in the 400 meters...will compete in the 100 meter, 200 meter, and 400 meter events...experience in the NCAA Championships that will help lead the team into the conference race...scored last year at the ACC Championship with a fourth place finish in the 400 meters...seventh on the FSU all-time 400 meters list...**1995:** had a good second season with a second place finish in the 400 meters at the Auburn Invitational...finished third in the 400M at the Seminole Twilight with a time of 55.53...recorded best finish with a first place finish at the Seminole 4-Way meet in the 400 with a time of 54.48...**1994:** ran a NCAA qualifying 54.27 in the 400 meters...finished fourth in the ACC Outdoor 400 meters (54.88)...seventh in the ACC Indoor 400 meters...**Prep:** All-Dade selection while at Norland HS...district, regional, and state champion in the 400 meters...honor roll student...**Personal:** plans to major in communication...born April 17, 1975.





## YASHIVA EDWARDS

### SPRINTS

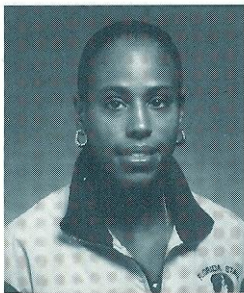
Year: Junior

Hometown: Lemoore, CA

(Central Kitsap HS/Wash. St.)

Collegiate Bests: 55M (7.15), 200M (24.69), 400M (55.23)

Transfer from Washington State who coaches feel will make an immediate impact...led the Lady Cougars with a indoor freshman 200 meter record (24.6)...Academic Honor Roll at Washington State...**Prep:** excellent prep career at Central Kitsap with a state championship in 400 meters (55.8) in 1993...fourth place in the 200 meters and 400 meters at the National Scholastic Championships in 1993...**Personal:** majoring in sociology, planning to attend law school...recipient of the Arthur Ashe Junior Sports Award...born January 1, 1976.



## MARIA EMBON

### SPRINTS

Year: Junior

Hometown: Martinez, GA

(Evans HS/Univ. of Florida)

Collegiate Best: 400m (54.58)

Transfer from arch rival University of Florida...should be one of FSU's top sprinters...qualified for the NCAA Championships for Florida in the 4X400M relay...will contribute in the conference championship...**Prep:** outstanding prep career in Georgia...All-State as a junior and senior...second fastest time in the state in the 400 meters as a senior...high school MVP as both a junior and a senior...**Personal:** majoring in social work...born December 21, 1975.



## CATHY ERICKSON

### THROWS

Year: Senior

Hometown: Hastings, NE (Hastings HS)

Collegiate Bests: Shot Put (45-10),

Discus (153-6)

Returning ACC runner-up in the shot put...stands first in the discus (153-6) and fifth in the shot put on FSU's all-time list...competes in shot put and discus, along with the javelin and the triple jump...will only

compete in the outdoor season...should vie for conference honors in both the shot and the discus...member of the ACC Honor Roll...**1995:** had an excellent season with ten top four finishes...placed third in the shot and the discus at the FAMU Relays with throws of 42-11.34 and 137-0, respectively...had her best meet at the FSU 4-Way with three 1st place finishes in the triple jump, discus, and javelin...placed first at the Seminole Twilight in the shot with a throw of 43-5.25...named to the ACC All Conference Team...placed second in the shot in the ACC...**1994:** finished sixth in the ACC in the shot put and second in the discus at the FSU Relays...only participated in one outdoor event and three indoor events...**1993:** sat out the indoor season while playing basketball with the Lady Seminoles...scored at the ACC meet by placing sixth in the discus (130-8) and seventh in the shot (41-1)...**1992:** placed seventh in the shot at the ACC Championships...**Prep:** Dual Class A throwing champ (shot and discus) in the state of Nebraska as a senior...broke school records in the shot put...track and field MVP at Hastings HS...selected to the All-Tribeland track team...**Personal:** a criminology major...born March 24, 1973.



## LAURA GOENS

### THROWS

Year: Junior

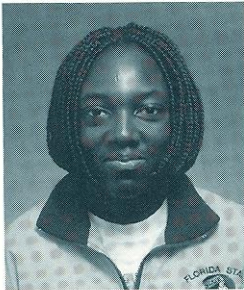
Hometown: Deltona, FL (Deltona HS)

Collegiate Bests: Shot Put (37-2.25),

Discus (140-7), Weight (40-7)

Key member of Lady Seminoles' throwing team...should place high in the ACC after scoring last year...coaches like her work ethic...finished last year with five top-5 finishes...will mainly compete in discus and shot put, along with javelin and triple jump at some meets...placed third in the discus and eighth in the javelin at last year's ACC Championships...**1995:** finished 1995 with seven top-5 finishes...placed fifth in the discus at the FAMU Relays (129-11)...finished third at the Auburn Invitational in the javelin...had her best meet of the year at the FSU 4-way meet with a third place finish in the triple jump and the javelin, along with a second place finish in the discus (139-0)...**1994:** threw a season-best 37-2.25 in the shot at the Spring Time Classic to finish third...placed fourth at the Gator Field Events in the discus (140-7)...finished 5th in the ACC in the discus...**Prep:** throwing standout in Volusia County at Deltona High School...**Personal:** majoring in physical education...born September 17, 1975.





## KAREN JOSEPH

### SPRINTS

Year: Senior

Hometown: Brooklyn, NY (Humanities HS)

Collegiate Bests: 100M (12.03),

200M (25.12)

Senior veteran that should have good year in the sprints...will compete mainly the 100 and 200 meter dashes...expected to play a key role for the FSU sprinting squad...**1995:** had a good showing at the Auburn Invitational with an eighth place finish in the 200 meters (26.61) and a sixth place finish in the 100 meters (12.45) ...finished eighth in the 100 meters (12.52) at the FSU 4-way meet...**1994:** participated in four indoor and two outdoor meets...finished third in the 200 meters with a time of 25.12 at the FSU Relays...ran an indoor best 7.23 for the 55 meters at the conference championships...**1993:** competed in both the 100 and 200 meter dashes during the outdoor season...ran the 55 and 200 meter dashes in the indoor season...**Prep:** New York City Champion in the 100 and 200 meter dashes...**Personal:** majoring in nursing...born October 26, 1974.



## KRISTIN KUEHN

### HURDLES

Year: Junior

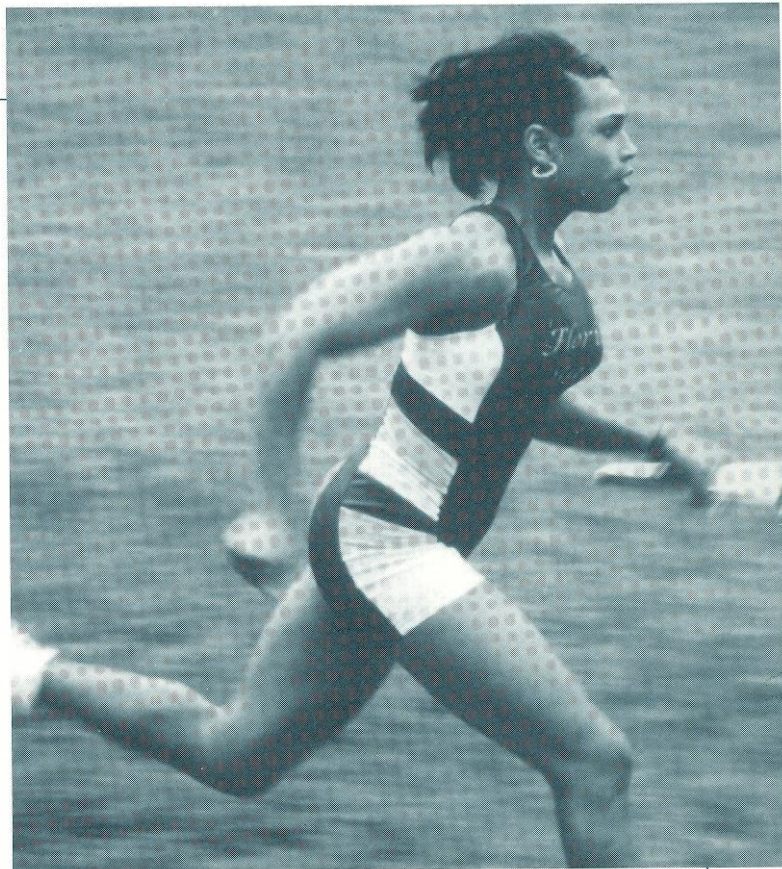
Hometown: Rochester, NY

(Greece Athena HS)

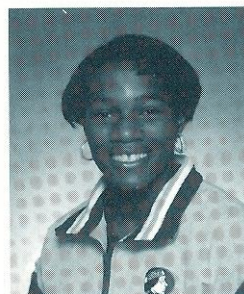
Collegiate Bests: 100M (14.63),

400MH (1:01.31)

Junior with excellent ability in the hurdling events...possesses excellent technique and a strong work ethic...will compete in the 100 and 400 meter hurdle events...should be one of best 400 meter hurdlers in the ACC...**1995:** started the season with a fifth place at the FSU Relays in the 400 hurdles with a time of 1:03.48...also ran the 200 meter dash with a time of 26.43 at the FSU Relays...**1994:** finished third in the ACC 400 meter hurdles with a career-best time of 1:01.31...finished second in the 400 meter hurdles at the FSU Relays and the Spring Time Classic...ran a collegiate best 14.63 in the 100 meter hurdles at the FSU Relays...**Prep:** All-American in the 400 meter hurdles...second in the state in the 100 and 400 meter hurdles as a senior...rated fourth in the 400 meter hurdles in the nation as a senior...**Personal:** majoring in elementary education...born January 17, 1975.



All-American sprinter Patrice Verdun



## JENNIFER MINGO

### SPRINTS

Year: Senior

Hometown: Lancaster, SC

(Lancaster HS/ Garden City CC)

Collegiate Bests: 100M (12.25), 200M

(25.23), Long Jump (17-5.75)

Member of FSU's talented sprint team...ended the 1995 season strong with six top-6 finishes...will compete mainly in the 100 and 200 meter dashes...also a talented long jumper...one of FSU's versatile athletes who will compete in many events...**1995:** finished off the season with a second place finish in the long jump with a jump of 16-8.75...had a good FSU 4-way meet with a sixth place in the 100 M (12.48) and a fourth place finish in the long jump with a season-best (17-5.75)...best meet of the season at the Seminole Twilight with two 2nd place finishes in the 100 meters (12.25) and the long jump (16-8.75) along with a third in the 200 meters (25.23)...**Prep:** had a stellar high school career as a three-time high school MVP...one of Lancaster's fastest sprinters...competed two years for Garden City Community College...**Personal:** a criminal justice major...born June 19, 1972.



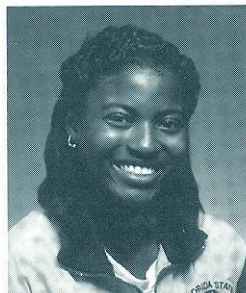


## LEKEISHA MOSE

### THROWS

Year: Freshman  
Hometown: Richmond, VA  
(John F. Kennedy)

Talented newcomer who should make an immediate impact in the throwing events...coaches are very optimistic about her potential...will have an opportunity to contribute early...**Prep:** 1995 Virginia State Champion in the shot put...received the Scholar/Athlete Award for her high school as a senior...**Personal:** majoring in management information systems...born July 6, 1977.



## PETENA MOULTRIE

### HURDLES/JUMPS

Year: Senior  
Hometown: Jacksonville, FL (Raines HS)  
Collegiate Bests: 100HH (14.95), Triple Jump (40-1), Long Jump (18-9.5)

Coming off an excellent 1995 season...will compete in the long jump, triple jump, and the hurdles...one of FSU's top hurdlers...great athlete with ability to compete in many events...has shown great attitude and work ethic...stands fourth on the FSU all-time triple jump list...placed sixth in the long jump and eighth in the triple jump at last year's ACC Championships...**1995:** started the year with a fourth place finish at the Gator Indoor Relays in the triple jump (36-11.5) and a fifth place finish at the Barnett Bank/Florida Invitational in the triple jump (37-10.50)...recorded a pair of 2nd-place finishes at the FSU Relays in the triple jump (38-9.75) and the long jump (18-6.75)...had her best meet at the Seminole Twilight with a first place finish in the long jump (18-9.5) and a first in the triple jump (38-3.5)...**1994:** competed in four events during indoor season...long jumped collegiate best 17-0 at ACC Indoor...triple jumped 37-6.5 to finish third at the Gator Invitational...**1993:** finished 12th at the ACC Outdoors in the triple jump...did not compete during the indoor season...**Prep:** district champion in the triple jump and team captain as a senior at Raines HS...honor roll student...**Personal:** majoring in sociology...born November 15, 1974.

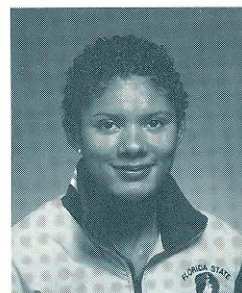


## ZUZETTE MULLINGS

### SPRINTS/JUMPS

Year: Freshman  
Hometown: Ellicott City, MD  
(Howard HS)

Talented freshman who will contribute right away...will compete mainly in the sprinting and jumping events...could surprise many at the ACC level...**Prep:** standout high school career in Maryland...All-County in indoor and outdoor seasons as a senior at Howard High School...**Personal:** majoring in accounting...born June 3, 1976.



## RIKKE RONHOLT

### HURDLES

Year: Sophomore  
Hometown: Allerod, Denmark  
(Allerod Gymnasium)  
Collegiate Bests: 400H (57.71), High Jump (5-6)

Returning ACC runner-up in the 400 meter hurdles...NCAA automatic qualifier for the 400 meter hurdles with a time of 57.71...stands fifth on the FSU's all-time 400 meter hurdles list...All-ACC in the 400 meter hurdles and the high jump...showed outstanding versatility while competing in four different events...**1995:** had an outstanding freshman year with six top-3 finishes and two 1st place titles...finished first in the 800 meters at the FSU Relays with a time of 2:13.39...captured first place at the FSU 4-way meet in the high jump with a career-best leap of 5-6...placed second at the Jesse Owens Classic in the 400 meter hurdles with a time of 58.46...**Prep:** had an outstanding career in Denmark, competing in several different events...**Personal:** majoring in international affairs...born January 1, 1976...father represented Ghana in two Olympics in the 200 and 400 meters.



## ERICA SHEPARD

### SPRINTS

Year: Junior  
Hometown: Detroit, MI  
(Cass Technical HS)  
Collegiate Bests: 400M (55.27), 800M (2:11.51)



The Atlantic Coast Conference's top competitor in the 800M...will compete in both the 400 and 800 meter races... should lead the team with her NCAA Championship experience...placed fifth at the ACC Championships in the 800 meters (2:12.67)...**1995:** placed fifth in the 800 meters at the Auburn Invitational with a time of 2:15.22...finished in first place at the FSU 4-way meet in the 800 meters with a time of 2:12.35...placed ninth at the ACC Indoor Championships in the 400 meter dash with a time of 58.34...**1994:** 400 meter champion at the Spring Time Classic running a season best 55.27...finished second in the 800 meters at Auburn running a 2:11.51...**Prep:** Michigan state 800 meter champion...prep All-American in the 400 meters as a senior...1992 AAU national champion in the 400 and 800 meters...repeat champion in the 400 meters in 1993...**Personal:** majoring in psychology...born January 7, 1976.



## NICOLE SINGLETON

### DISTANCE

Year: Sophomore

Hometown: Orlando, FL

(Oak Ridge HS)

Collegiate Bests: 800M (2:12.56),

1500M (4:42.41)

Sophomore with ability to be one of FSU's best distance runners with consistent improvement...also runs cross country for FSU...will run the 800 and 1,500 meters this year...**1995:** competed in three indoor events...in the outdoor season, finished in second place at the Auburn Invitational in the 800M with a time of 2:12.56...placed fourth in the 800M (2:17.93) and second in the 1,500 meters (4:42.41) at the Seminole 4-way meet...**Prep:** high school state champion in the 800M at Oak Ridge...swam for two years in high school...**Personal:** majoring in interior design...born September 13, 1976.



## RADHIYA TEAGLE

### HURDLES

Year: Senior

Hometown: Philadelphia, PA

(William Penn HS)

Collegiate Bests: 100H (13.80),

400H(57.72)

ACC Women's Performer of the Year who should challenge for national honors...returning two-time ACC Champion in the 400 meter hurdles...1995 All-American... will compete in the 100 and 400 meter hurdle races...1995 ACC runner-up in the 100 meter hurdles...ranks sixth on FSU's all-time list for the 400 meter hurdles...will lead the Lady Seminoles with her NCAA Championship experience...named to the ACC Academic Honor Roll...**1995:** had an excellent junior year with four first place finishes, along with the ACC title in the 400 meter hurdles...placed first at the FSU Relays in the 100 meter hurdles with a time of 13.80...captured the 400 meter hurdles title at the FSU 4-way meet...ran a career-best 57.72 placing first in the 400 meter hurdles at the Seminole Twilight meet...**1994:** ACC Champion in the 400 meter hurdles with a time of 58.90... ran a NCAA qualifying time for the 400 hurdles on four occasions...finished fourth in the 100 hurdles at the ACC Outdoor (14.16)...**Prep:** a two-time public league 300 meter hurdle champion...public league record holder in the triple jump...three time All-American...**Personal:** majoring in dietetics and nutrition and fitness... born May 2, 1975.



## KRISTEN THORNE

### HURDLES

Year: Junior

Hometown: Washington, D.C.

(Bullis Prep)

Collegiate Bests: 100H (13.87), 400IH

(1:01.43)

Another quality hurdler on the 1996 squad...extremely talented with good technique...scored in last year's ACC outdoors with an eighth place in the 100 meter high hurdles...**1995:** placed third in the 55 meter hurdles at the Gator Indoor Relays...finished 5th at the Florida Relays in the 100 meter hurdles with a time of 14.48...recorded her best meet of the season at the Auburn Invitational with an eighth place in the 100 meters and a fourth in the 100 meter hurdles...**1994:** finished fourth at the ACC's in the 400 meter hurdles with a time of 1:01.43, sixth in the 100 meter hurdles (14.07)...finished third at the FSU Relays in the 100 meter hurdles with a time of 13.99...**Prep:** prep All-American in the hurdles four years straight...AAU national champion in the 100 hurdles... **Personal:** food and nutrition major...born May 2, 1975.





# 1996 WOMEN'S NCAA QUALIFYING MARKS

## INDOOR

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.84	-	6.98	-
60 Meters	7.40	-	7.54	-
55-Meter hurdles	7.72	-	7.98	-
60-Meter hurdles	8.37	-	8.63	-
200 Meters				
(Under 200m/220 yds)*	24.08	-	24.65	-
(200m/220 yds)*	23.88	-	24.45	-
(Over 200m/200 yds)*	23.68	-	24.25	-
400 Meters				
(Under 200m/220 yds)*	54.00	53.7	55.50	55.2
(200m/220 yds)*	53.70	53.4	55.20	54.9
(Over 200m/220 yds)*	53.40	53.1	54.90	54.6
800 Meters				
(200m/220 yds or less)*	2:07.50	2:07.2	2:10.80	2:10.5
(Over 200m/220 yds)*	2:07.10	2:06.8	2:10.40	2:10.1
Mile #				
(200m/220 yds or less)*	4:44.00	4:43.7	4:51.00	4:50.7
(Over 200m/220 yds)*	4:43.30	4:43.0	4:50.30	4:50.0
3,000 Meters #				
(220m/220 yds or less)*	9:26.00	9:25.7	9:47.00	9:46.7
(Over 200m/220 yds)*	9:24.90	9:24.6	9:45.90	9:45.6
5,000 Meters #				
(200m/220 yds or less)*	16:20.00	16:19.7	17:00.00	16:59.7
(Over 200m/220 yds)*	6:18.45	16:18.2	16:58.45	16:58.2
1,600-Meter Relay				
(Under 200m/220 yds)*	3:39.75	3:39.5	3:45.50	3:45.2
(200m/220 yds)*	3:37.75	3:37.5	3:43.50	3:43.2
(Over 200m/220 yds)*	3:35.75	3:35.5	3:41.50	3:41.2
Mile Relay				
(Under 200m/220 yds)*	3:41.00	3:40.7	3:46.75	3:46.5
(200m/220 yds)*	3:39.00	3:38.7	3:44.75	3:44.5
(Over 200m/220 yds)*	3:37.00	3:36.7	3:42.75	3:42.5
Distance Medley-Meters #				
(200m/220 yds or less)*	11:23.00	11:22.7	11:42.00	11:41.7
(Over 200m/220 yds)*	11:21.00	11:20.7	11:40.00	11:39.7
Distance Medley-Yards #				
(200m/220 yds or less)*	11:26.50	11:26.2	11:45.50	11:45.2
(Over 200m/220 yds)*	11:24.50	11:24.2	11:43.50	11:43.2

### METRIC METRIC

High Jump	1.86	1.77
Long Jump	6.34	6.04
Triple Jump	12.90	12.35
Shot Put	16.00	14.55
20-Pound Weight	17.37	14.94

## OUTDOOR

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 Meters	11.38	-	11.65	-
200 Meters	23.18	-	23.85	-
400 Meters	52.60	52.3	54.15	53.9
800 Meters	2:05.00	2:04.7	2:08.50	2:08.2
1,500 Meters #	4:19.50	4:19.2	4:26.00	4:25.7
Mile #	4:39.76	4:39.5	4:47.28	4:47.0
3,000 Meters #	9:18.00	9:17.7	9:40.00	9:39.7
5,000 Meters #	16:22.00	16:21.7	16:55.00	16:54.7
10,000 Meters #	34:10.00	34:09.7	35:30.00	35:29.7
100-Meter Hurdles	13.35	-	13.82	-
400-Meter Hurdles	57.65	57.4	59.90	59.6
400-Meter Relay	44.34	44.1	45.40	45.1
440-Yard Relay	44.54	44.3	45.60	45.3
1,600-Meter Relay	3:33.50	3:33.2	3:40.00	3:39.7
Mile Relay	3:34.70	3:34.4	3:41.20	3:40.9

### METRIC METRIC

High Jump	1.87	1.76
Long Jump	6.50	6.20
Triple Jump	13.10	12.50
Shot Put	16.05	14.60
Discus	53.00	48.50
Javelin	51.74	46.50
Heptathlon 5,500 points		5,075 points

\* - Size of track

# - Altitude adjustment available



# WOMEN'S RECORDS

## 100 Meter Dash

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

## 200 Meter Dash

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

## 400 Meter Dash

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

## 800 Meter Run

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

## 1500 Meter Run

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

## 3000 Meter Run

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

## 5000 Meter Run

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

## 10,000 Meter Run

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

## 100 Meter Hurdles

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

## 400 Meter Hurdles

FSU Outdoor Record	53.98	1991	Kim Batten
Mike Long Track Record	54.37	1996	Kim Batten, Reebok Racing

ACC Outdoor Record	56.86	1992	Rebeca Russell, UNC
Collegiate Record	53.41	1984	Janeene Vickers, UCLA

## 4 X 100M Relay

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

## 4 X 400M Relay

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

## Long Jump

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

## Triple Jump

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

## High Jump

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

## Shot Put

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

## Discus

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

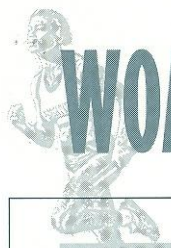
## Javelin

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

## Heptathlon

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





# WOMEN'S ALL-TIME TOP PERFORMANCES

## 100 Meters

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

## 200 Meters

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

## 400 Meters

1. Marita Payne	49.90	1984
2. Sheryl Covington	51.85	1994
3. Janet Davis	52.33	1987
4. Kim Batten	52.53	1991
5. Janet Levy	53.47	1985
6. Andi Lyons	53.88	1990
7. Sophia Danvers	54.00	1995
8. Caral Samuels	54.46	1985
9. Pamela Hawkins	54.48	1985
10. Samantha Green	54.50	1985

## 800 Meters

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

## 1500 Meters

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

## 3000 Meters

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

## 5000 Meters

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

## 10,000 Meters

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

## 100 Meter Hurdles

1. Kim Batten	13.06	1991
2. Mary Hawkins	13.20	1988
Andrea Thompson	13.20	1988
4. Tonja Brown	13.42	1982
5. Carmellia Shivers	13.62	1991
6. Peggy Armand	13.66	1994
7. Joann Brown	13.71	1985
8. Ann Girvan	13.77	1986
9. Radhiya Teagle	13.80	1995
10. Carolyn Faison	13.83	1982

## 400 Meter Intermediate Hurdles

1. Kim Batten	53.98	1991
2. Tonja Brown	56.46	1982
3. Angie Wright	56.74	1983
4. Orvill Dwyer-Brown	56.94	1983
5. Rikke Ronholt	57.71	1995
6. Radhiya Teagle	57.72	1995
7. Carmellia Shivers	58.55	1991
8. Kim Stephens	59.32	1992
9. Chris McKay	59.98	1983
10. Andrea Thompson	1:00.01	1988

## Long Jump

1. Sonya Blades	21'8 1/2"	6.61	1990
2. Esmeralda Garcia	21'7 1/2"	6.59	1986
3. Trinette Johnson	21'6"	6.55	1993
4. Kim Batten	20'9"	6.32	1988
5. Alice Bennett	20'6"	6.24	1983
6. Michelle Finn	20'1/4"	6.10	1987
7. Felicia Evans	19'11 1/2"	6.08	1993
8. Carolyn Hightower	19'2 1/2"	5.85	1988
9. Candi Odom	19'2 1/4"	5.84	1991
10. Petena Moultrie	18'9 1/2"	5.73	1995

## Triple Jump

1. Esmeralda Garcia	44'10 3/4"	13.68	1986
2. Kim Batten	42'	12.95	1989
3. Felicia Evans	40'3 1/4"	12.27	1994
4. Petena Moultrie	39'5"	12.01	1995
5. Peggy Armand	38'9 1/2"	11.77	1995
6. Janet Levy	37'6"	11.43	1987

## High Jump

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

## Shot Put

1. Shannon Cook	48'0 1/2"	14.64	1994
2. Vicki Smith	46'3"	14.09	1977
3. Donna Williams	46'3"	14.09	1984
4. Eleanor Majors	45'8"	13.92	1982
5. Cathy Erickson	43'11 3/4"	13.41	1995
6. Tonya Grannemann	42'3"	12.88	1992
7. Carolyn Darvillre	41'10 1/2"	12.76	1983
8. Latoshia Crews	39'2 1/2"	11.95	1986
9. Laura Goens	37'2 1/4"	11.33	1994
10. Heidi Hargett	36'3"	11.05	1991



**Discus**

1. Cathy Erickson	153'6"46.79	1995
2. Tonya Granneman	150'5"45.86	1990
3. Donna Williams	148'7"45.30	1984
4. Rena Antanelis	145'2"44.26	1990
5. Shannon Cook	144'2"43.94	1994
6. Kim Travers	140'42.68	1976
7. Laura Goens	140'742.84	1994
8. Heidi Hargett	134'9"41.08	1991
9. Carolyn Darville	133'2"40.60	1983

**Javelin**

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

**Heptathlon**

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

**4X100 Relay**

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

**4x400 Relay**

1. Givens, Cliette, Wright, Payne	3:28.46	1983
2. Wright, Dwyer-Brown, Givens, Payne	3:28.93	1984
3. Davis, Cliette, Givens, Payne	3:28.93	1984
4. Wright, Dwyer-Brown, Golden, Payne	3:34.06	1982
5. Levy, Thompson, Davis, Curry	3:34.07	1987
6. Wright, Golden, Wood, Payne	3:34.80	1981
7. Levy, Finn, Samuels, Davis	3:34.98	1986
8. Payne, Givens, Levy, Cliette	3:36.14	1984
9. Shivers, Lyons, Covington, Batten	3:36.51	1991
10. Embon, Danvers, Shephard, Teagle	3:36.63	1995

**4x200 Relay**

1. Givens, Cliette, Wright, Payne	1:33.20	1983
-----------------------------------	---------	------

**4X800 Relay**

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



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





# WOMEN'S ALL-AMERICANS

## CROSS COUNTRY

1981 Darien Andreau

## INDOOR

- 1981 Darien Andreau-5,000m (5th); Alice Bennett-long jump (4th); Esmeralda Garcia-long jump (2nd); 60m (2nd); Angela Wright-400m (4th); Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne-4X200 (1st); Margaret Coomer-1,000m (3rd); Scooby Golden, Debbie Moore, Marita Payne, Angela Wright-4X400 (4th)
- 1982 Tanya Brown-60 yd hurdles (7th); Orrill Dwyer-Brown-600 yards (5th); Margaret Coomer-1,000 yards (8th); Carolyn Faison -60 yd hurdles (6th); Randy Givens- 300 yards(4th); Angela Wright-440 yards (6th); Carla Borovicka, Orrill Dwyer-Brown, Margaret Coomer-4X800 (1st); Alice Bennett, Randy Givens, Marita Payne, Janette Wood-4X200 (2nd); Tonya Brown, Orrill Dwyer-Brown, Scooby Golden, Angela Wright -4X400 (2nd)
- 1983 Wendy Markham-high jump (3rd)
- 1984 Carla Borovicka-1,500m (6th), Margaret Coomer-1,500m (5th); Michelle Finn-55m(4th); Orrill Dwyer-Brown, Brenda Cliette, Janet Davis, Janet Levy, 4X400(2nd)
- 1985 Michelle Finn-55m (1st); Esmeralda Garcia-triple jump(1st); Nancy Rettie-1,000m (3rd); Kelly Hackler, Chris McKay, Brenda Moore, Nancy Rettie-4X800 (5th)
- 1986 Michelle Finn-55m (2nd); Esmeralda Garcia-long jump (2nd)
- 1987 Michelle Finn- 55m (2nd)
- 1989 Kim Batten- triple jump (5th)
- 1990 Kim Batten- triple jump (5th); Carrie Boyd- 4X800 (6th); Sonya Blades-long jump (9th); Carrie Boyd, Tracey Howze, Karla Severs, Angela Harris- 4X800 (6th); Holly Kelly-high jump(4th), Patrice Verdun- 200m (6th), 55m
- 1991 Holly Kelly- high jump (4th); Kim Batten - triple jump (5th)
- 1993 Sheryl Covington- 55m (8th), 200m (7th); Trinetta Johnson- long jump (8th)

## OUTDOOR

- 1981 Esmeralda Garcia- long jump (2nd), 100m (5th); Randy Givens-200m (3rd); Marita Payne- 400m (2nd); Angela Wright -400m (6th); Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne-4X100(1st); Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne- 800 medley relay, (6th) Marita Payne, Angela Wright, Janette Wood- 4X400 (4th)
- 1982 Alice Bennett- long jump (8th); Tonya Brown- 100 hurdles (4th), 400m IM hurdles (1st); Margaret Coomer-1,500m (7th), 200m (3rd); Wendy Markham-high jump (tied 5th); Marita Payne- 200m (4th), 400m (7th); Orrill Dwyer-Brown, Randy Givens, Marita Payne, Angela Wright- 4X400 (2nd); Alice Bennett, Randy Givens, Marita Payne, Angela Wright- 4X100 (2nd)
- 1983 Orrill Dwyer-Brown- 400mIM hurdles (8th); Brenda Cliette-100(3rd), 200m (4th), Randy Givens- 100m (6th), 200m (3rd); Wendy Markham- high jump (2nd); Marita Payne- 200m (6th), 400m (5th); Angela Wright- 400mIM hurdles (3rd); Brenda Cliette, Randy Givens, Marita Payne, Angela Wright- 4X100 (1st); Brenda Cliette, Randy Givens, Marita Payne, Angela Wright-4X400 (1st)
- 1984 Orrill Dwyer-Brown-400m IM hurdles (8th); Brenda Cliette- 100 (2rd), 200m (2nd); Janet Davis- 200m (6th); Michelle Finn- 100m (4th); Randy Givens- 100m (1st), 200m (6th); Marita Payne- 200m (3rd), 400m (1st); Brenda Cliette, Michelle Finn, Randy Givens, Marita Payne-4x100 (1st); Brenda Cliette, Janet Davis, Randy Givens, Marita Payne- 4X400 (1st)

- 1985 Michelle Finn- 100m (1st), 200m (2nd); Esmeralda Garcia- triple jump(1st), long jump (5th), 100m (3rd); Michelle Finn, Esmeralda Garcia, Andrea Thompson, Janet Levy -4X100 (3rd)
- 1986 Michelle Finn- 100m (5th), 200m (7th); Michelle Finn, Esmeralda Garcia, Janet Levy, Andrea Thompson- 4X400 (5th) Esmeralda Garcia- triple jump (2nd)
- 1987 Janet Davis- 400m (5th); Michelle Finn -100m (4th); 200m (6th); Michelle Finn, Janet Davis, Janet Levy, Andre Thompson- 4X100 (1st)
- 1990 Kari Keith- Javelin (8th); Kim Batten- 100m (8th), 400m hurdles (2nd); Carmelia Shivers- heptathlon (9th); Patrice Verdun, Lida Horton, Trinetta Johnson, Kim Batten- 4X100 (4th)
- 1991 Holly Kelly- high jump (4th); Carmelia Shivers- heptathlon (10th); Kim Batten- 100m (4th), 400m hurdles (3rd); Andi Lyons, Sheryl Covington, Verdun, Kim Batten- 4X100 (6th)
- 1992 Trinetta Johnson- long jump (6th); Patrice Verdun- 200m (9th); Trinetta Johnson, Patrice Verdun, Andi Lyons, Sheryl Covington- 4X100 (7th)
- 1993 Trinetta Johnson- long jump (7th)
- 1994 Sheryl Covington- 400m (5th); Sheryl Covington, Sophia Danvers, Erica Shepard, Radhiy Teagle- 4X400m (8th)

## INDIVIDUAL NCAA CHAMPIONS

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

## NCAA CHAMPIONSHIP RELAY TEAMS

- 1981 Indoor 800-Meter Relay, 1:36.88, Esmeralda Garcia, Alice Bennett, Marita Payne, Randy Givens
- 1981 Outdoor 400-Meter Relay, 44.35, Esmeralda Garcia, Alice Bennett, Marita Payne, Randy Givens
- 1982 Indoor Two-Mile Relay, 8:47.27, Janette Wood, Orrill Dwyer-Brown, Carla Borovicka, Margaret Coomer
- 1983 Outdoor 400-Meter Relay, 42.94, Angela Wright, Marita Payne, Brenda Cliette, Randy Givens
- 1984 Outdoor 1600-Meter Relay, 3:28.46, Angela Wright, Marita Payne, Brenda Cliette, Randy Givens
- 1987 Outdoor 400-Meter Relay, 43.19, Janet Levy, Andrea Thompson, Janet Davis, Michelle Finn

## LADY SEMINOLES IN THE OLYMPICS

- 1992 Barcelona, Spain  
Michelle Finn (United States) 400 Meter Relay (Gold Medal)
- 1988 Seoul, South Korea  
Marita Payne (Canada) 400 Meters
- 1984 Los Angeles, California  
Marita Payne (Canada), 400 Meters (4th) 400 Meter Relay (2nd), 1600 Meter Relay (2nd)  
Randy Givens (United States) 200 Meters (6th)  
Esmeralda Garcia (Brazil) 100 Meters; Long Jump  
Brenda Cliette (United States) 400 Meter Relay (alternate)  
Angela Wright-Scott Orrill Dwyer-Brown (Jamaica) 400 Meter Hurdles



# INDOOR RECORDS

## Lady Seminole Indoor

55m Dash	Michelle Finn	6.72	1986
55m Hurdles	Kim Batten	7.67	1991
200m Dash	Sheryl Covington	23.86	1993
400m Dash	Janet Davis	54.21	1984
800m Run	Angela Harris	2:07.24	1991
Mile Run	Margaret Coomber	4:45.79	1984
3,000m Run	Gale Grant	9:55.90	1981
1,600m Relay	Janet Davis, Janet Levy, Brenda Cliette, Dwyer Brown	3:37.47	1984
3,200m	Relay Nancy Rettie, Chris Mackey, Kelley Hackler, Brenda Moore	8:38.34	1984
Long Jump	Sonya Blades	21'8.5"	1990
Triple Jump	Esmeralda Garcia	44'4"	1985
High Jump	Holly Kelly	6'1/4"	1989
Shot Put	Shannon Cook	48'11"	1996
20lb. Weight	Lakeisha Mose	44'11 1/2"	1996

## ACC Women's Indoor

55m Dash	Kendra Mackey, N. Carolina	6.86	1991
55m Hurdles	Sharon Couch, N. Carolina	7.63	1991
200m Dash	Kim Graham, Clemson	23.59	1992
400m Dash	Nelrae Pasha, Georgia Tech	53.43	1992
800m Run	Rebecca Russell, N. Carolina	2:06.62	1992
Mile Run	Rosalind Taylor, Maryland	4:42.92	1989
3,000m Run	Katrina Price, N.C. State	9:25.35	1991
5,000m Run	Laurie Gomez, N.C. State	15:55.26	1991
1,600m Relay	Florida State (Danvers, Embon, Shepard, Edwards)	3:38.95	1996
3,200m Relay	North Carolina (Miller, Chambers, Verrinder, Pollard)	7:32.72	1987
High Jump	Natasha Alleyne, Georgia Tech	6'21/4"	1992
Long Jump	Trinette Johnson, Florida State	21'2"	1993
Shot Put	Kelly Bodiford, Virginia	51'41/4"	1991
20lb. Weight	Ann Crouse, Virginia	53'2 1/4"	1996

## NCAA Women's Indoor

55m Dash	Gwen Torrence, Georgia	6.56	1987
55m Hurdles	Michelle Freeman, Florida	7.34	1992
200m Dash	Merlene Otley, Nebraska	22.79	1982
400m Dash	Maicel Malone, Arizona State	51.05	1991
800m Run	Meredith Rainey, Harvard	2:02.77	1990
Mile Run	Vicki Huber, Villanova	4:28.31	1988
3,000m Run	Pattie Sue Plummer, Stanford	8:53.54	1983
5,000m Run	Sonia O'Sullivan, Villanova	15:17.28	1991
High Jump	Lisa Bernhagen, Stanford	6'51/2"	1987
Long Jump	Carol Lewis, Houston	22'3"	1985
Triple Jump	Sheila Hudson, California	45'9"	1990
Shot Put	Regina Cavanaugh, Rice	57'11 3/4"	1986
4x400m Relay	Texas	3:32.01	1990
4x800m Relay	Villanova	8:25.5	1987

## Seminole Indoor

55m Dash	Mike Roberson	6.13	1979
55m Hurdles	Arthur Blake	7.05	1988
200m Dash	Jonathan Carter	21.09	1994
400m Dash	Kevin Ansley	46.73	1993
800m Run	Rob Circelli	1:48.86	1991
Mile Run	Cliff Cook	4:05.60	1979
3,000m Run	Herb Wills	8:04.10	1982
5,000m Run	Herb Wills	14:00.10	1982
1,600m Relay	Leander McKenzie, Charlie Carr, Vince Washington, Reggie Ross	3:08.67	1984
3,200m Relay	Allen Williams, Billy Pennick, Mark Bednarz, Jason Frank	7:29.00	1990
Shot Put	Mike Bell	59'0"	1987
Pole Vault	Jeff Bray	18'1/2"	1993
High Jump	Darrell Wills	7'3 1/2"	1986
Long Jump	Billy Close	25'6 1/4"	1987
Triple Jump	Kelsey Nash	53'11 1/4"	1994
35lb. Weight	William Shirk	58'6"	1996

## ACC Men's Indoor

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

## NCAA Men's Indoor

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





# FLORIDA STATE ACADEMICS



1995-96  
Academic  
Support Staff  
(from left):  
Mark Meloney,  
Trudy Raybun,  
Chris Helms,  
Magdi El  
Shahawy,  
Kevin Carr,  
Roger Grooters,  
Amy White

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

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

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

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

The academic programs have moved to the state-of-the-art University Center and is located on the sixth floor

of the \$126 million facility. It includes private study carrels, a tutorial study area and a computer lab outfitted with 16 new IBM computers and laser printers. In addition, athletic sky boxes are utilized for group and individual tutorial instruction.

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

## SCHOOLS AND COLLEGES

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



# 1995 YEAR IN REVIEW

The 1995 Florida State Track and Field Season was full of impressive highlights and record breaking performances. Phillip Riley won the NCAA Championship in the 55 meter hurdles to put a finishing touch on the indoor season. At the ACC Indoor Championships, the men and women took home sixth place finishes. Both teams improved at the ACC Outdoor Championships to finish fourth in the overall standings.

Phillip Riley, who finished second in last year's NCAA Indoor Championships in the 55 meter hurdles, gave Florida State its first individual track and field champion in 15 years. He tied his personal best time of 7.10 in the final to edge Reggie Torian of Wisconsin who finished a close second with a time of 7.13. (Riley accomplished the feat while competing with an injury he sustained at the ACC Indoor Championships.)

Also qualifying for the NCAA Indoor Championships in Indianapolis was Patrick Hayes. Hayes made it as far as the semi-finals of the 55 meter dash with a time of 6.32. His time of 22.09 was not enough to advance out of the prelims of the 200M. Hayes, only a freshman, will have three more years to make his mark on the national level.

At the ACC Indoor meet, Petena Moultrie finished third in the triple jump with a mark of 38-10.25. The Lady Seminoles placed third in the 4x400 meter relay as the women took sixth place overall.

The men were paced by All-American Jonathan Carter in Greensboro. Carter finished second in

the 55 meter dash (6.27) and third in the 200 meter dash (21.61) to lead the Seminole scoring. FSU lost out on some key points in the 55 meter hurdles as eventual NCAA Champion Phillip Riley false started in the finals after recording the second fastest time in the prelims.

Florida State's track teams have always turned it up a notch when the outdoor season rolls around. This was again the case in 1995 as both squads came home with fourth place ACC Outdoor finishes at Wake Forest.

All-American Justin Johnston did not disappoint with a first place toss in the javelin. Johnston and Carter were the only Seminoles to earn All-America honors during the 1995 outdoor season.

On the women's side, Radhiya Teagle won ACC Women's Performer of the Year as the women finished fourth at the ACC Outdoor Championships. Teagle placed second in the 100 meter hurdles and took first place in the 400 meter hurdles. Deletia Bradley won the finals of the 100M dash and collected some key first place points for the Lady Seminoles. The women won the 4X400M relay and received second place points from Cathy Erickson in the shot put and Rikke Ronholt in the 400 meter hurdles.

The 1995 track and field team showed great signs of improvement as the year moved forward, documented by their improved finishes in ACC Championship action. Coach Long and the Seminoles hope the momentum will carry them into a successful '96 season.





## 1996 FLORIDA STATE TRACK & FIELD SCHEDULE

### Indoor Track & Field

January	21	Florida Invitational	Gainesville, FL
January	28	Barnett Bank Invitational	Gainesville, FL
February	2	SEC vs. ACC Challenge	Gainesville, FL
February	10	Univ. of Kentucky Invitational	Lexington, KY
February	10	Holiday Inn Invitational	Reno, NV
February	23-24	ACC Indoor Championships	Greensboro, NC
February	29	Florida Fast Times	Gainesville, FL
March	2	USAT&F Indoor Championships	Atlanta, GA
March	8-9	NCAA Indoor Championships	Indianapolis, IN

### Outdoor Track & Field

March	9	FAMU Relays	Tallahassee, FL
March	16	Sun Bird Open	Tallahassee, FL
March	20-23	FSU Relays	Tallahassee, FL
March	29-30	Florida Relays	Gainesville, FL
April	6	Texas Relays	Austin, TX
April	12-13	Florida Intercollegiates	Gainesville, FL
April	19-20	ACC Outdoor Championships	College Park, MD
April	25-27	Penn Relays	Philadelphia, PA
May	5	Nike Challenge FSU vs. Florida	Tallahassee, FL
May	11	Seminole Twilight	Tallahassee, FL
May	18	Griffin Invitational	Atlanta, GA
May	18	Houston Open	Houston, TX
May 29 - June 1		NCAA Outdoor Championship	Eugene, OR
June	19-22	USA Olympic Track & Field Trials	Atlanta, GA
June	28-29	USA National Jr. Championships	Lincoln, NE