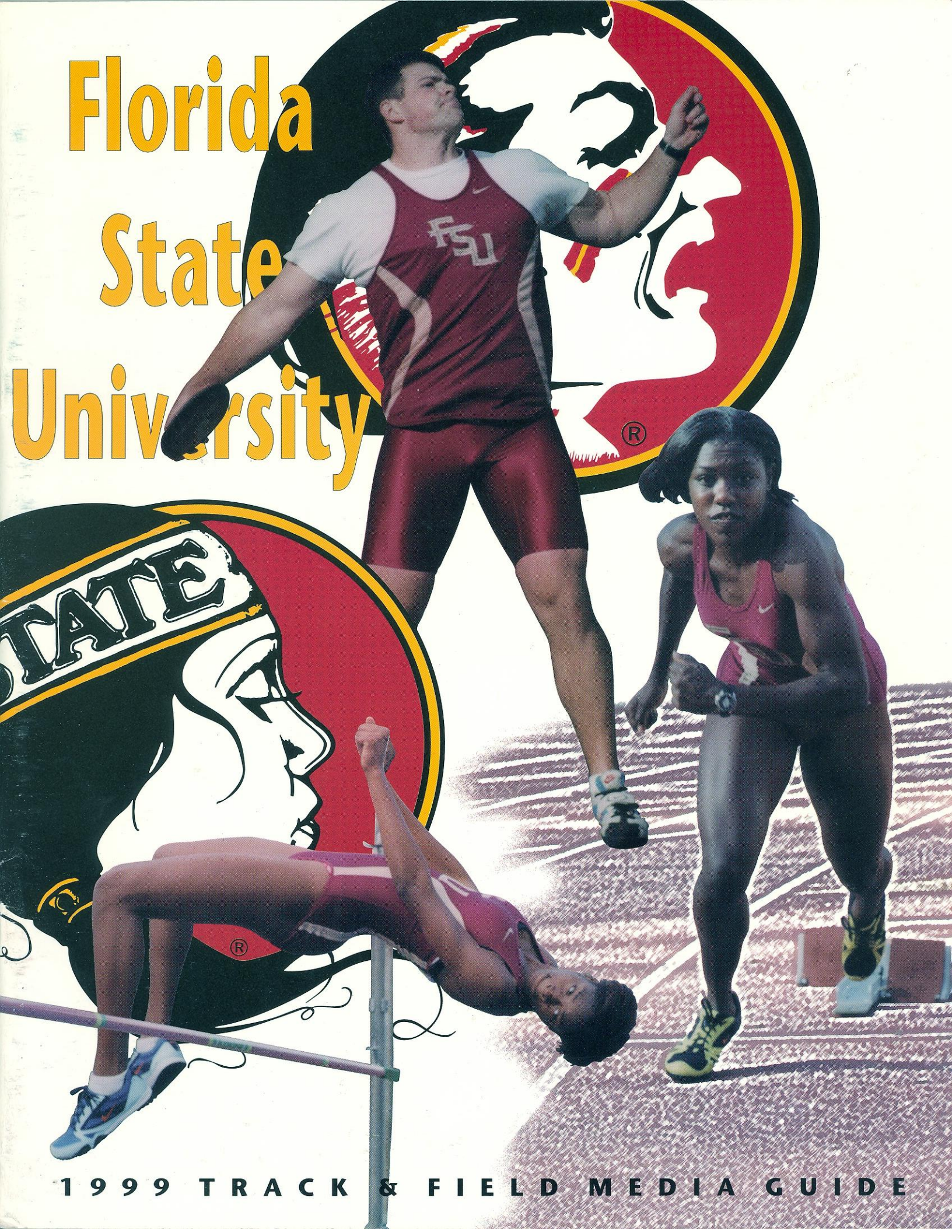
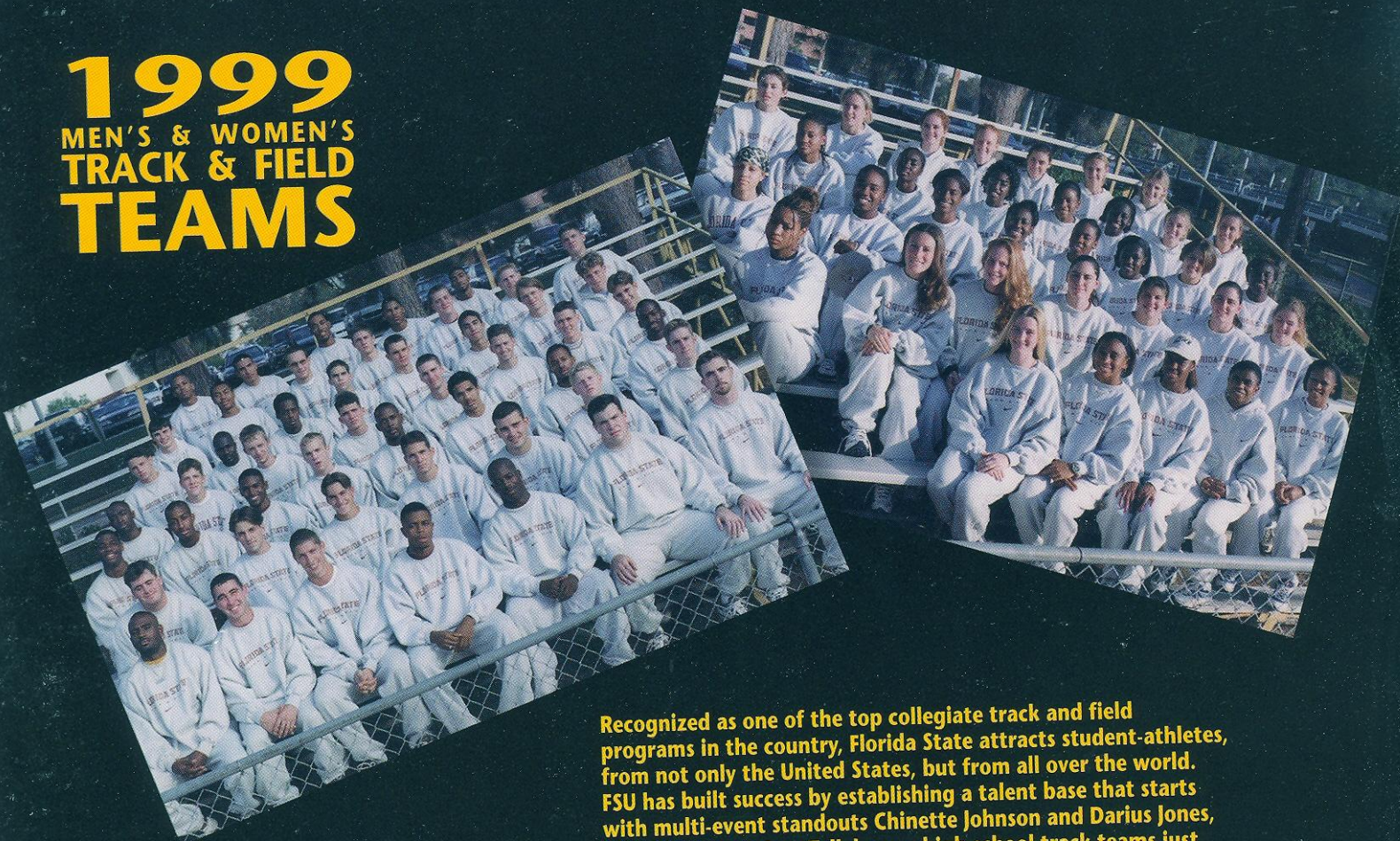


Florida State University

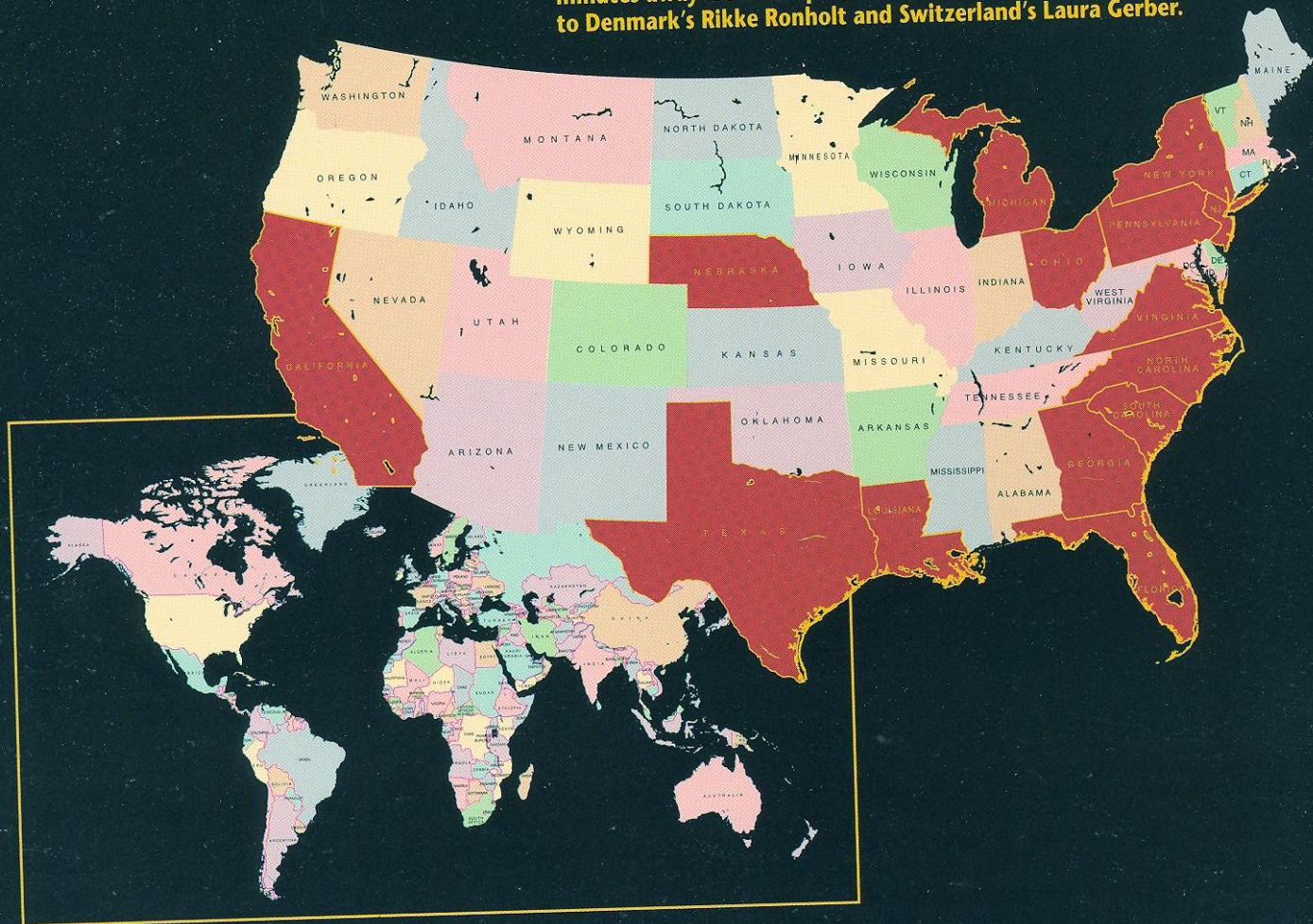


1999 TRACK & FIELD MEDIA GUIDE

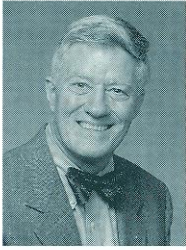
1999 MEN'S & WOMEN'S TRACK & FIELD TEAMS



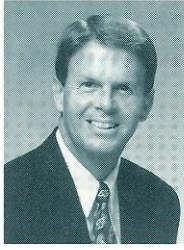
Recognized as one of the top collegiate track and field programs in the country, Florida State attracts student-athletes, from not only the United States, but from all over the world. FSU has built success by establishing a talent base that starts with multi-event standouts Chinette Johnson and Darius Jones, who participated on Tallahassee high school track teams just minutes away from campus, and branches out across the ocean to Denmark's Rikke Ronholt and Switzerland's Laura Gerber.



MEDIA INFORMATION



Sandy D'Alemberte
President



Dave Hart
Athletics Director

FLORIDA STATE FACTS

President ... Sandy D'Alemberte
 Location Tallahassee, FL
 Enrollment 30,519
 Founded 1857
 Nickname Seminoles
 Colors Garnet and Gold
 Conference Atlantic Coast
 Facility Mike Long Track
 Athletics Dir. Dave Hart, Jr.
 Athletics
 Dir. Phone (850) 644-2526
 Athletic Board
 Chair Charles Earhardt
 Sports Information
 Director Rob Wilson
 Track and
 Field SID Jeff Purinton
 Sports Information
 Phone (850) 644-1403
 Sports Information
 FAX (850) 644-3820
 SID Address Moore
 Athletic Center
 P.O. Drawer 2195
 Tallahassee, FL 32316

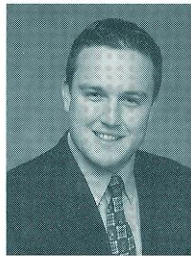
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 Track Secretary ... Gloria Jordan
 (644-9594)
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 Long Distance
 Andi Lyons Sprints,
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 Paul Spangler Assistant
 Distance
 Dave Cohen Graduate
 Assistant

NOTE TO THE MEDIA

Florida State Track and Field meets are held at Mike Long Track on the campus of Florida State University. Members of the media may be seated in the press facility at the south end of the track. If any assistance is needed in covering the Seminoles at home, contact Jeff Purinton of the FSU Sports Information Office at (850) 644-1403.

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



Jeff Purinton

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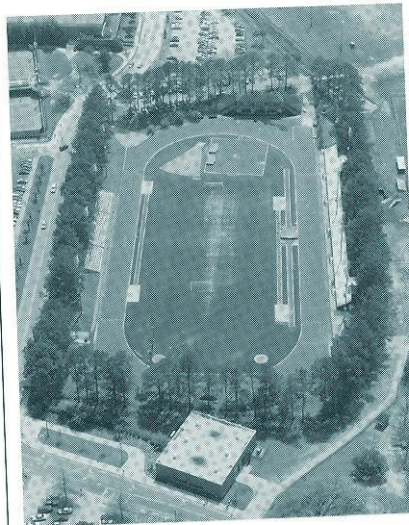
Track & Field Media Guide



MIKE LONG TRACK

Mike Long Track will serve as the home of the Florida State track and field team for the 44th year with the start of the 1999 season. In its existence, the complex has grown and seen the Seminole track and field program rise to national prominence.

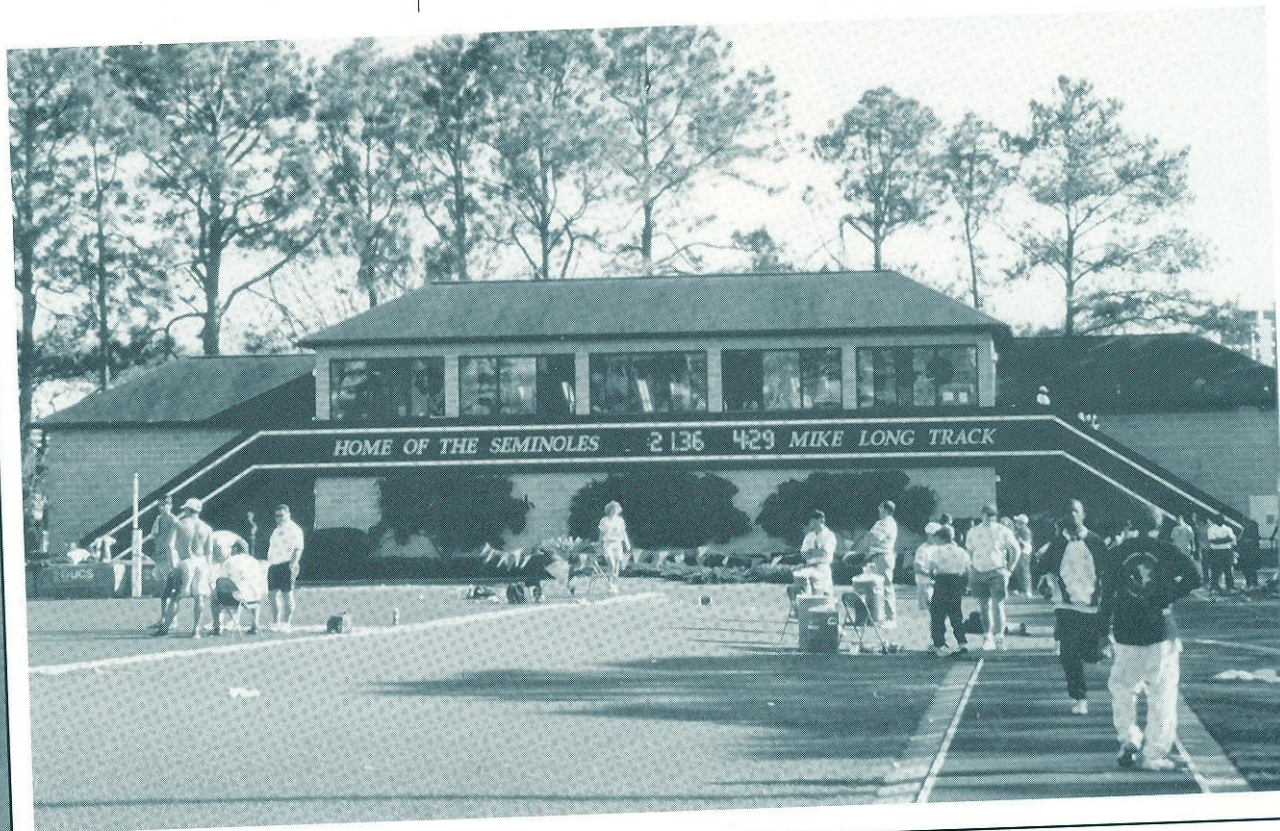
The Mike Long Track complex is recognized as one of the best outdoor facilities in the South. In addition to the 1,500 seat stadium, Florida State track and field athletes have the luxury of weight training in a 3,000 square foot strength and training facility adjacent to the track. It is used exclusively by Seminole track and field team members and features a variety of equipment for year-round strength conditioning. The facility also houses the FSU track and field coaches' offices and offers the latest in personalized training with the use of video cameras and a 48-inch television that allows athletes to review their technique.



Named after Mike Long, who is known as the father of Florida State track and field, the complex has attracted some of the top meets in the nation. Mike Long Track and the City of Tallahassee played host to the USA Track and Field National Junior Championships in 1988 and the AAU National Championships in 1991. Florida State and Mike Long Track also hosted

the Atlantic Coast Conference Outdoor Track and Field Championships in FSU's first year in the league, 1992. The USA Track and Field National Junior Championships returned to Mike Long Track in the Summer of '94. The British Olympic Team, who trained in Tallahassee for the 1996 Olympic Games in Atlanta, used the facility for all their track and field practices and workouts over the summer. Each season, the school hosts several outdoor meets including the nationally known FSU Relays and last year, the Florida Intercollegiate Championships.

Mike Long Track has long been the training facility for many national and world class athletes including Olympic standouts like hurdler Kim Batten and triple jumper Jonathan Edwards. As the Seminole track and field program continues to prosper, Mike Long Track will continue to host some of the top athletes, teams and meets in the sport.



1998 TRACK & FIELD REVIEW

Indoor

The 1998 men's indoor season got underway with the Florida Invitational. Jody Lawrence was the top performer with second place finishes in the weight throw and shot put. Jason Dean gave a sign of things to come as he placed third in the pole vault in first collegiate competition.

Not surprisingly, Lakeisha Mose and Rikke Ronholt led the Lady Seminoles in the season opener in Gainesville. Mose won the shot put and took second in the weight throw while Ronholt was the 800m winner.

At the ACC/SEC Challenge FSU had several athletes record impressive performances, but it was not as the ACC fell on both the men's and women's sides. Zuzette Mullings posted NCAA provisional qualifying marks in the long and triple jumps with a pair of second place efforts. Ronholt added another second place finish in the 800m. The men were paced by Danny Smith (third in the 800m) and Aaron Scheer (fourth in the 3K).

A return to trip to Gainesville followed the next week for both squads. Mose earned ACC Women's Track & Field Performer of the Week as she had an NCAA provisional throw in the weight and added a second place finish in the shot. Christ King's third place pole vault was the best of the indoor season in the new event. Scheer was again strong in the men's 3K as he placed third. Donald Heaven and Brad Hess were second and third in the shot, respectively.

The ACC Indoors ended with the men and women both fourth in final team standings. The men got points from three sprinters (Patrick Hayes, Travis Minor and Germaine Stringer) in the 60m dash. Darius Jones had the highest finish with a conference runner-up performance in the high jump.

Those earning third place points were D. Smith in the 800m, Lawrence in the weight, the 4x400m relay (Zyris Hill, D. Smith, Minor and Hayes) and the distance medley relay (Scheer, Antonio Smith, Nafthaly Kurgat and Dave Ogletree).

Mose won the ACC weight title with a new ACC and FSU record

of 62-5. The only other ACC title winner for the women was Ronholt in the 800m. Johnson proved her versatility by scoring in three events in her first ACC competition - triple jump, pole vault and 400m. Ronholt and Johnson also ran on the second place 4x400m relay team that recorded an NCAA provisional time. Tonya Carter contributed third place points in the 60m dash.

At the USA Indoor Track & Field Championships, the women's 4x400m relay team of Jennifer Mayhue, Fiona Norwood, Johnson and Ronholt placed third in another NCAA provisional time. Carter, participating in the 60m dash, finished eighth overall and the men's distance medley relay was seventh.

Ronholt qualified for the NCAA Indoors as she set a new ACC and FSU indoor 800m record at the Butler Invitational with a time of 2:05.84. In the Indiana Invitational that same weekend, Mullings had another set of NCAA provisional marks in the long and triple jump.

Despite having the fourth fastest 800m qualifying time, Ronholt did not advance out of her heat at the NCAA Indoors. Mose ended the indoor season with a 16th place effort in the NCAA Indoor weight throw.

Outdoor

The FSU Relays officially mark the beginning of the outdoor track season in Tallahassee and Johnson got things underway with a title in the heptathlon. Both the men's and women's 4x100m relay teams finished first and the Seminole men had a strong run in the discus with a 2-3-4 showing (Lawrence, Heaven and Hess). Jones placed second in the high jump and third in the long jump.

The annual trip south to Gainesville for the Florida Relays followed the week after as it has for the past several years. Mullings had an excellent weekend that led to her being named ACC Performer of the Week. After winning the 100m, she finished fourth in the triple jump and sixth in the long jump. Scoring well for the men Barnard Francis (second in the triple jump) and Dean (fourth in the pole vault).

Mullings again set the tone with three titles at the Florida Intercollegiate. The sophomore won the long jump, triple jump and ran on the first place 4x100m relay. Mose (hammer and shot) and Ayana Townsend (100m and 400m hurdles) each added a pair of first place individual titles.

Nicole Singleton, Christine Daniels and Vanessa Fuchs won the 800m, high jump and the discus, respectively.

The men got first place outings from Tavaris Spradley in the 100m, Hess in the hammer, Brad Shriver in the 5K, Lawrence in the discus, Chris Osborn in the high jump, Francis in the triple jump, Dean in the pole vault and the 4x400m relay.

At the ACC Outdoors, the Lady Seminoles moved up a notch to third in the team standings while the men stood pat at fourth. FSU got off to a good start by sweeping top honors in the multi-event competition. Johnson won in the heptathlon as a true freshman and Dore Louis edged teammate D. Jones for the ACC title in the decathlon. Carter picked up points by finishing third in the 100m, sixth in the 200m and as a member of the conference runner-up 4x100m relay. Scoring well for the men were Osborn in the high jump (second), Lawrence in the hammer (third) and Francis in the triple jump (fourth).

In the final home meet of the year, several FSU athletes posted NCAA provisional qualifying marks and won titles at the Seminole Twilight. Jones put together a great decathlon with a winning point total of 7,178 - good for a provisional mark and third on the FSU all-time list. Lawrence also highlighted the day for the men as he had first place finishes in the hammer and the discus, with his throw in the discus also a provisional qualifier. Mose (women's hammer) was the third NCAA provisional qualifier of the day and she also won the shot put title.

At the NCAA Outdoors, Mullings was the lone competitor for the Tribe. After qualifying with a collegiate-best long jump of 20-4.50, she placed 17th overall with a mark of 19-6.25.



HEAD COACH Terry Long (FSU '63)



YEARS AT FLORIDA STATE: 20

YEARS OF COLLEGIATE COACHING EXPERIENCE: 30

Florida State – Men's & Women's Head Coach (1989-present)

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

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

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

Seminole Community College – Head Coach (1970-82)

Florida State University – Graduate Asst. Track (1964-65)

HIGH SCHOOL COACHING EXPERIENCE

Lakeland H.S. – Head Track & Cross Country (1968-70)

Delray Beach Seacrest H. S. – Head Track Coach (1966-68)

Leon H. S. – Head Swimming & AssT. Football (1965-66)

In his 20th season at Florida State, Terry Long begins his 11th in the role as the head coach of the Florida State men's and women's track teams. Following in his father's footsteps, Long continues the tradition nineteen seasons after his father, Mike, retired as head coach at Florida State. Terry Long has been associated with the Seminole track program since he was 13 years old, when Mike Long began his head coaching legacy at FSU in 1953.

A few years later, Long formally joined the program as a student-athlete and lettered for the Tribe for four seasons. During his career as an FSU athlete, Long set new school records in all indoor and outdoor hurdle events as well as running on school record setting 440, 880 and sprint medley relays. His senior year, he had the nation's fastest time in the 220-yard hurdles. Long completed his bachelor's degree in 1963 and his master's in 1965, both at FSU. Long began his head coaching career at Leon High School in Tallahassee before moving on to Delray Beach Atlantic High School and then Lakeland High School.

Long built his reputation as one of the nation's finest track coaches during 16 years of coaching at Seminole Community College, Santa Fe Community College and the University of Florida. While serving in the community college coaching ranks, Long produced over 200 all-americans and 56 national champions. His teams won 16 state track and cross country titles and he was named coach of the year three times. In 1982

and 1983, he guided the Santa Fe women's track team to back to back national championships. During his tenure at Seminole Community College, Long was inducted into the Florida Track Hall of Fame.

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

In 1985, Long rejoined Florida State as the head women's track coach and coordinator of both the men's and women's track/cross country teams. Following the retirement of men's coach Dick Roberts after the 1988 season, Long became the head coach of both the men's and women's teams.

As head coach and administrator of the programs, Long has continued a strong tradition of track success with 41 individuals earning all-american honors. His athletes have set 11 new school records in men's track and 13 new school records in women's track. While in the Metro Conference, Long's men's and women's teams never lost a conference track championship. Since joining the Atlantic Coast Conference, Long has coached the men's team to the 1995 ACC Indoor title and has been named ACC Coach of the Year and NCAA District III Coach of the Year.

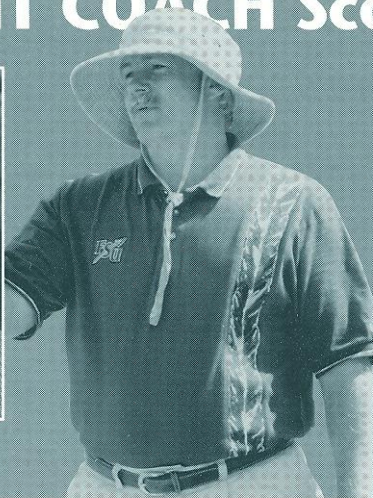
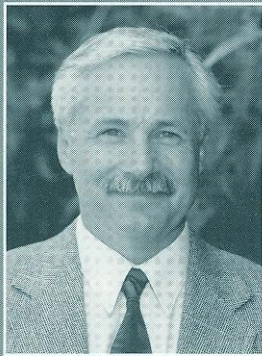
During his career, Long has coached numerous outstanding athletes. Notable among those athletes are Olympians Arthur

Blake, World Champion and world record holder Kim Batten, two-time gold medalist Chandra Cheeseborough, Michelle Finn, Dennis Mitchell, Tom Reither, Esmerelda Garcia, Rey Robinson, and NCAA national champions Phillip Riley, Andrea Thompson, Janet Levy and Janet Davis.

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

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

ASSISTANT COACH Scott Irving (Willamette '73)



YEARS AT FLORIDA STATE...6

YEARS OF COLLEGIATE COACHING EXPERIENCE...23

University of Oregon-Assistant Coach (1977-83)

University of Florida-Assistant Coach (1983-89)

University of Illinois-Assistant Coach (1989-93)

Florida State-Assistant Coach (1993-present)

COLLEGIATE TRACK EXPERIENCE:

Willamette University-Distance (1970-73)

Scott Irving begins his sixth year at the helm of the Florida State distance program 1998-99. In addition to serving as the head coach to both the men's and women's cross country teams, Irving coaches the track distance events and handles all men's recruiting in those areas.

Irving's collegiate coaching career began in the heart of distance running country at the University of Oregon (1977-83). Irving studied under the legendary Bill Dellinger, who coached Steve Prefontaine and Alberto Salazar, while assisting with the women's track and field program that eventually won the NCAA outdoor title. Irving's next stint was at the University of Florida from 1983-89, where he assisted Dr. Lyle Knudson with the women's cross country program that captured the '85 SEC title and helped Beverly Kearney develop an eventual NCAA national track and field championship team. From Florida, Irving joined the University of Illinois in the fall of 1989 where he took over responsibilities as the recruiting coordinator and returned the Fighting Illini to prominence in the

Big Ten Conference and on the national scene.

In his first year of coaching at FSU, the men's 4 x 800m relay team ranked fourth by Track and Field News with a school record 7:19 set at the 1994 Penn Relays. The distance medley relay won the conference title and helped the team to a victory at the ACC Indoor meet that year. The 1996 ACC Outdoor Championship was the best ever for the Seminole distance corps. They not only had the only double scorer in the 1,500m and steeplechase, but also produced FSU's first 10,000m scorer at the ACC meet. Irving has directed countless conference champions, over 30 NCAA All-Americans, six national champions, numerous national team members and two Olympians, in a coaching career that spans more than two decades.

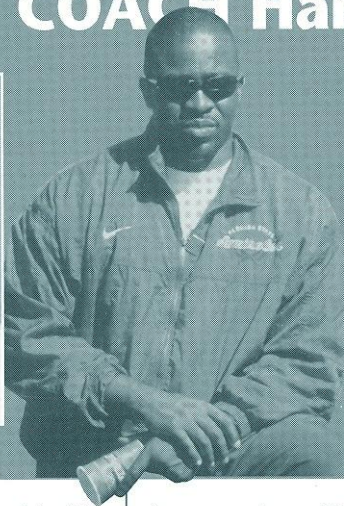
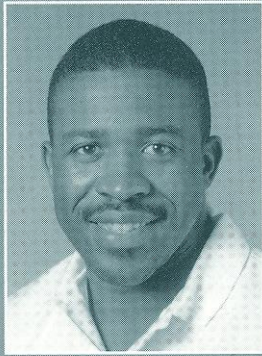
In 1996, the men's cross country team beat Florida for the first time in over a decade at Gainesville. Jasen Ritter, who became the first ACC Men's Cross Country Performer of the Week that season, also excelled on the track as he recorded the ACC's best time in the steeplechase.

A recipient of two master's degrees (Architectural History, Northwestern University '77 and Biomechanics/Athletic Administration, University of Oregon '79), the 1973 Willamette University graduate places the pursuit of academic excellence as an utmost priority. Irving-coached athletes at Oregon annually dotted the dean's list. Athletes at Florida made All-SEC Academic teams 40 times. Phenomenally, in two out of only four years at Illinois he had athletes awarded the most prestigious accolade, the Big Ten Medal of Honor, for academic/athletic excellence. The FSU men's cross country team has ranked sixth nationally for overall team grade point average and they have won the Golden Torch Award (FSU's top team) twice. Following the 1997 season, both men's and women's teams earned NCAA All-Academic honors (the women's team with distinction). With a 3.27 GPA in 1996, the women's team led all ACC schools and the men were runners-up in the conference. Along with the academic success, the FSU cross country/distance teams boasted their best recruiting classes during Irving's tenure this season.

Irving and his wife, Allyn, have been married for 26 years and have two sons, 12-year-old Shannon and Kevin, who is nine.



THROWS COACH Harlis Meaders (UNC '92)



YEARS AT FLORIDA STATE: 5

COACHING EXPERIENCE: 8

Florida State-Assistant Coach (1995-present)
Western Carolina University-Assistant Coach (1992-94)

COLLEGIATE TRACK EXPERIENCE:

University of North Carolina, shot put, weight throw, discus (1988-92)

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

His collegiate track experience includes the shot put, the 35-lb. weight throw and the discus. While at UNC, Meaders was a three-time individual ACC champion and key member off the 1992 ACC Outdoor Championship team. Meaders was also an NCAA qualifier in the discus

throw and qualified for the 1992 Olympic trials. He holds the school record in the discus at North Carolina.

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

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

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

At Florida State, Meaders has helped the Seminoles become one of the best all-around throwing squads in the Atlantic Coast Conference.

Meaders coached a pair of ACC Champions in 1997 on both the men's and women's teams – Greg Jack (indoor shot put) and Shannon Cook (indoor & outdoor shot put). Under Meaders' guidance, Lakeisha Mose (who set conference records in the hammer and weight throw a year ago) and Jody Lawrence should once again compete for national honors this season after recording NCAA qualifying marks a year ago.

WOMEN'S COORDINATOR, SPRINTS, RELAYS Andi Lyons (FSU '92)



YEARS AT FLORIDA STATE: 2

YEARS OF COLLEGIATE COACHING EXPERIENCE: 7

Florida State – Assistant Coach (1996-present)
Mississippi State – Assistant Coach (1992-96)

COLLEGIATE TRACK EXPERIENCE:

Florida State- Sprints, Relays (1988-92)



Andi Lyons returned to Florida State, her alma mater, after four years at Mississippi State University in 1997. As an assistant coach at MSU, Lyons coached hurdles and sprints along with the field events for the past four years.

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

As an assistant at Florida State, Lyons coaches sprints and relays. She will also coordinate women's recruiting while also handling all compliance matters and academics. Lyons first two recruiting classes have been successful as she brought in several of the country's top high school sprinters and hurdlers.

At the '97 NCAA Outdoor Championships, Lyons coached the Lady Seminole 4x100 meter relay team that finished seventh in the nation and had several individuals qualify for the

NCAA Championships. Under her direction, NCAA qualifier Tonya Carter recorded an eighth place finish at the USA Indoor Championships in the 60m dash.

Lyons is the lead sprint and hurdle instructor at the Florida State Track & Field Camp and also trains FSU's senior football players as they prepare for the NFL draft. She was a SAQ (speed, agility, quickness) clinician at the 1997 NCAA Women's Final Four and has also spoken at several symposiums on the SAQ program. In

addition, Lyons is certified to teach Level I certification classes and was the lead instructor at the Louisiana Track & Field Coaches Association.

Lyons earned All-America honors as a part of the 4x100 meter relay

team in 1991 and '92. Her name is listed in the top ten as a member of both the 4x100 and 4x400 meter relay teams in the women's all-time performance list.

A dean's list student at FSU,

Lyons received her bachelor's degree in communication in 1992. More recently, the 28-year old Ohio native earned her master's degree in sports administration from Mississippi State in '96.

MULTI-EVENTS COACH/ POLE VAULT, JAVELIN, HIGH, LONG & TRIPLE JUMPS

Dennis Nobles (FSU '82)

YEARS AT FLORIDA STATE: 13

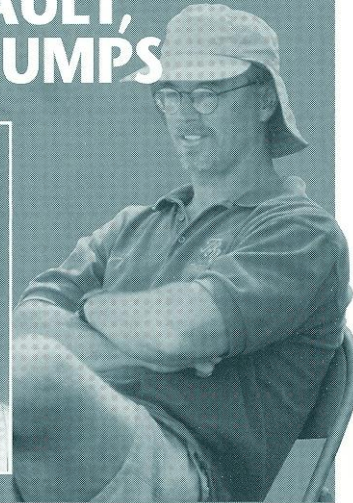
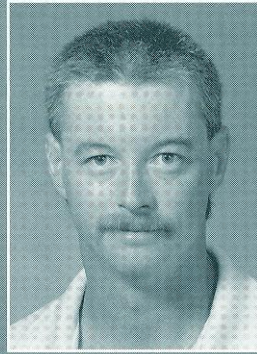
YEARS OF COLLEGIATE COACHING EXPERIENCE: 15

Florida State-Assistant Coach (1985-present)

Wayland Baptist-Assistant Coach (1984-85)

COLLEGIATE TRACK EXPERIENCE:

Florida State- Pole Vault (1979-81)



Entering his 13th year with the Florida State track and field staff, Dennis Nobles is recognized as one of the top coaches in the country. Nobles graduated cum laude from Florida State's School of Physical Education while also starring on the FSU track team as a pole vaulter from 1979-81. He went on to obtain his master's degree from FSU in Exercise Physiology in 1983 and is currently an instructor with the FSU P.E. Department.

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

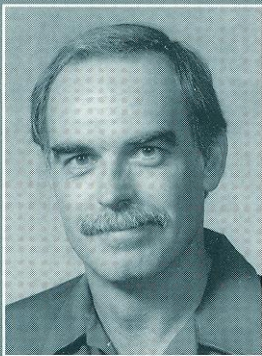
While at Wayland Baptist College, he coached 17 All-Americans, two national champions, a pair of Olympic qualifiers and a national record holder. He also led the school to a national championship and two runner up finishes. He returned to his alma mater in 1985 to accept a position as assistant coach. Nobles has since coached several All-Americans, another Olympian and a world record holder at Florida State. He is currently working towards his Ph.D in Athletic Administration.

His multi-event duties at FSU include coaching athletes in the javelin, high jump, long jump, triple

jump and pole vault events. Last year, Nobles coached Zuzette Mullings and Chinette Johnson to ACC titles in the long jump and heptathlon, respectively, with Dore Louis and Daruis Jones finishing one-two in the decathlon at the ACC Outdoor Championships. In 1997, Justin Johnston earned All-America status in the javelin for the third straight season under Nobles' guidance. In recent years, Nobles has been invited to participate in the elite women's javelin clinic in Long Beach, California.

Nobles is the proud parent of one daughter, Sally, age 14.

HURDLES COACH Jim Long (FSU '70)



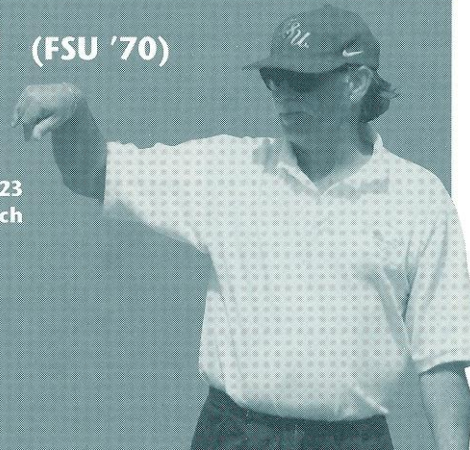
YEARS AT FLORIDA STATE: 23

YEARS OF COLLEGIATE COACHING EXPERIENCE: 23

Florida State University -Assistant Coach (1975-present)

COLLEGIATE TRACK EXPERIENCE:

Florida State - sprints (1966-1970)



Jim Long brings a lengthy track background to his 23rd 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, join-



ing brothers Terry, head coach at Florida State and Curtis, his Western Kentucky mentor. Long was inducted into the Florida Track Hall of Fame in 1991.

During his years on the Florida State staff, Long has coached numerous NCAA All-Americans. One former All-American decathlete, Rohn Stark, became the NFL's all-time leader in

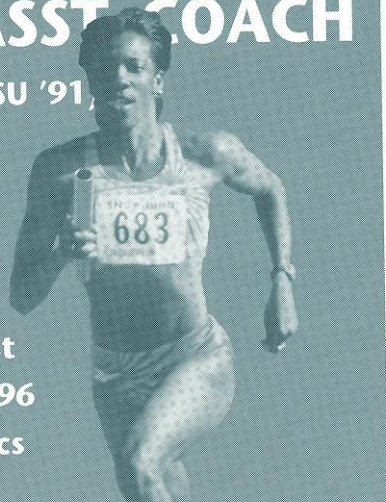
punt yardage in 1996. Long has also coached two Olympic hurdlers in Kim McKenzie and Arthur Blake.

He and his wife Janis have two sons; Justin 22 and Jarrett 19.

VOLUNTEER ASST. COACH Kim Batten (FSU '91)



Silver Medalist at the '96 Olympics



During her four years at Florida State, Kim Batten established herself as one of the finest track athletes in school history. As she has done in the past, Batten will assist head coach Terry Long

with the 1999 team while she continues her training in Tallahassee.

Batten starred in multiple events for the Lady Seminoles including the long jump, triple jump, and the 100, 200 and 400-meter dashes. The nine-

time All-American's top events were the 100 and 400-meter hurdles and she advanced to the NCAA Championships in each of her four years. Batten was named the Metro Conference's Most Outstanding Female Athlete in each of FSU's last three years in the league.

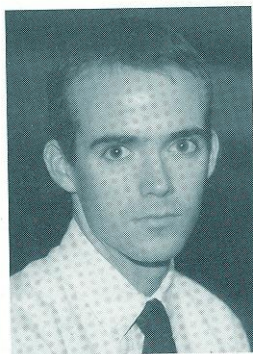
As a professional, Batten has recorded some of the greatest honors achievable on the world track and field circuit. She set the world record in the 400-meter hurdles with a mark of 52.61 at the 1995 World Championships in Goteburg, Sweden. In February of '96, Batten received the ESPY Award for Women's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

Batten's name still fills the Florida State record book. She is the school record holder in the 100m hurdles, 400m intermediate hurdles and 55m intermediate hurdles. In the summer of 1998, Batten was inducted into the FSU Hall of Fame.

ASSISTANT DISTANCE COACH Paul Spangler (Alabama '98)

Paul Spangler begins his first season as the assistant coach for the men's and women's cross country and distance teams in 1998-99.

Spangler comes to Florida State after an accomplished four-year career at the University of Alabama. At FSU, he will assist in the coaching of all distance runners while also handling the recruiting responsibilities for



the women's program.

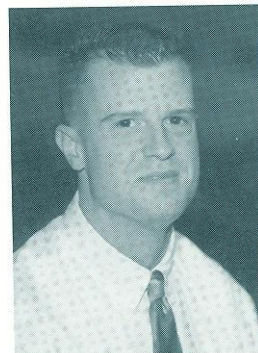
After originally walking on at Alabama, Spangler went on to earn a scholarship and numerous honors for the Crimson Tide. Spangler was

named to the All-Southeastern Conference and All-District teams in cross country while also recording the fifth fastest indoor 5K mark and the tenth fastest outdoor 10K mark in Alabama school history on the track. An All-SEC academic team selection, he graduated with a degree in sports management.

A native of Brooksville, Fla., Spangler began his distance career at Hernando High School. He won the state two-mile title as a junior and was the runner-up as a senior. In cross country, he was a two-time champion at district and conference meets while also earning academic all-conference status.

Spangler, 23, is currently pursuing his master's degree in sports administration. He continues to run competitively in his spare time and also enjoys cycling.

GRADUATE ASSISTANT David Cohen (Central Michigan '93)



Dave Cohen is in his first year as a graduate assistant with the Florida State track and field program. He is currently pursuing a master's degree in sports administration.

MEN'S PREVIEW

Sprints

This is an area that will get a lot stronger for the Seminoles when Travis Minor and Germaine Stringer return to the track team after taking a break from football season. Minor had the team's top 100m time last season (10.57) with Stringer's 6.39 the best among returning sprinters in the 55m.

Until then, FSU coaches will rely on true freshmen Al Young and Chris Williams, sophomore Tavaris Spradley and junior Antonio Smith to handle most of the sprint chores. Young and Williams come to Tallahassee with a great deal of potential while Spradley and Smith were solid contributors a year ago. Newcomer Iain Harnden, who is the brother of former North Carolina All-American Ken Harnden, should come in and compete for conference honors in the 200m along with the 400m. A pair of experienced runners – senior Zyris Hill and junior Jayson Jones provide additionally versatility and will help in the 100m, 200m and 400m. If wide receivers Laveranues Coles and Talman Gardner also decide on two-sport duty, the sprint team will be one of the team's strong suits by the end of the indoor season and the beginning of outdoor action.

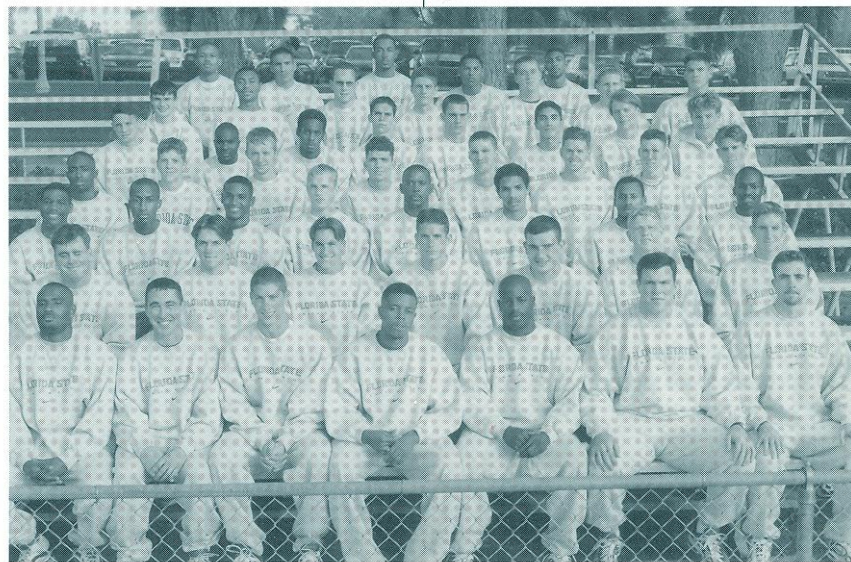
Hurdles

FSU has not had a standout hurdler since All-American Phillip Riley, the 1995 NCAA 55m hurdle champion, graduated following the 1996 season. This year, there are several candidates that might be ready to make that step into the spotlight. In the sprint hurdles, Marcus Odom was a high school state champion and has a year under his belt at the collegiate level while Byron Taylor is a true freshman who has excellent high school credentials in both hurdle events. Reggie Glover is the most experienced 400m intermediate hurdler on the roster and was a conference scorer two years ago. Another likely to battle for conference honors is Steve Augustine, the junior college 400m hurdle champ last season. Along with his sprint duties, Harnden will also be in the mix

here and redshirt freshman Ryan Owaski will add depth.

Middle Distance

Junior Danny Smith is one of the ACC's best in the 400m and 800m and will look to put up NCAA qualifying marks in 1999. Seniors Jeremiah Hunt and Nafthaly Kurgat were the No. 2 and No. 3 runners in the 800m



behind Smith last year. They could both score at the conference meets and provide key points at the ACC Championships. Keyun Langston returns for his junior season and will again focus primarily on the 400m and relay events.

Freshman Steven Pritchett comes to FSU from Atlanta and will eventually push the top runners as he gains experience in the 400m and 800m. Senior twins Calvin and Kelvin Randolph give the Tribe added depth in the middle.

Distance

The distance events should again be improved as Coach Irving's cross country team members make the move over to the track. The best of that group is senior Aaron Scheer, the top distance runner for cross country over the past two falls and on the track a year ago. He will be joined by fellow senior Brad Shriver, who had the second best 5K time during the outdoor

season behind Scheer in 1998. Michael Maier returns and will compete in the steeplechase along with several distance events. Juniors Brandon Spears and Josh Ware are the only other two runners that return with any significant experience in the distance events. A trio of freshman who were regulars in the cross country top five - Zach Heissner, Tommy Kunish and Brady Thomas along with sophomore Brian Fleischmann (with the swim team last season) are expected to contribute as well.

Horizontal Jumps

The Seminoles lost some key performers in the jumps with three ACC scorers gone from a year ago. Barnard Francis (injury), Oscar Robinson (graduated), and Todd Marine (left team) all scored in the triple jump at the ACC Outdoors in 1998. The versatile Darius Jones is one of the top long jumpers in the conference and is coming off a third place effort at the ACC Outdoors. Senior Zyris Hill is also back after taking third in that event at the ACC Indoors. Among those who will be asked to step forward in the long and triple jumps are freshman Mario Lowe and the above mentioned Odom, as he pulls double duty with the 110m hurdles.

Vertical Jumps

Both the pole vault and high jump will be strong areas for the men in 1999. Here also, Jones has scored

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in both these events in addition to his role as a decathlete. Sophomore Jason Dean made his mark last season with a second place vault of 16-3.25 at the ACC Outdoors and will be looking for NCAA qualifying numbers this year. This is a deep event for the 'Noles with Todd Crannell and Jason Lawrence checking in behind Dean and Jones with solid ability in the vault. With the departure of Chris Osborn in the high jump, freshman Christian Bland is marked to become Jones' cohort in the high jump. Bland had a personal best jump of 6-8 as a high school senior. Lowe comes over from the long and triple jumps to give FSU a third weapon in the high jump.

Throws

Harlis Meaders' throws team should prove to be another point producing group this season. There are three ACC scorers from last season returning and that total doesn't include senior Greg Jack, an ACC Champion two years ago who is back from a redshirt season. Junior Jody Lawrence will carry the load in the hammer, weight, and discus. He ranks as one of the best in school history and will be expected to push for national honors after putting up NCAA provisional marks in the discus last year. Donald Heaven, an offensive guard for the Seminole football team, placed third and fourth in the discus and the shot put at the ACC Outdoors. Junior Brad Hess gives the Tribe their fourth returning conference scorer and competes in the hammer, weight, discus and shot put. Jack will handle the javelin duties and Jones will throw when his decathlon schedule allows.

Decathlon

Jones' NCAA provisional point total of 7,178 last season is the third best performance all-time at Florida State. The junior from Tallahassee has worked hard in the off season in hopes of moving up that list and advancing toward All-America status. Dore Louis, who edged out Jones for the ACC title in 1998, was a key loss for the Tribe in the event.

MEN'S ROSTER

| Name | Event | CL | Hometown |
|----------------------|-------|----|-----------------------------|
| Steve Augustine | H | JR | Tortola, British Virgin Is. |
| Bruno Avila | MD | JR | Miami, FL |
| Christian Bland | HJ | FR | Seabrook, TX |
| Wade Brett | MD | SO | Port Lavaca, TX |
| Matt Cangiolosi | D | SO | Casselberry, FL |
| Laveranues Coles | S | JR | Jacksonville, FL |
| Todd Crannell | PV | SR | Jupiter, FL |
| Jason Dean | PV | SO | Clearwater, FL |
| Barnard Francis | J | SO | Toronto, Canada |
| Corey Frank | D | SO | Oviedo, FL |
| Talman Gardner | S | FR | New Orleans, LA |
| Reggie Glover | H | JR | Orlando, FL |
| Iain Harnden | H | JR | Harare, Zimbabwe |
| Zach Heissner | D | FR | Jupiter, FL |
| Donald Heaven | T | JR | Carol City, FL |
| Brad Hess | T | JR | Palm Harbor, FL |
| Zyris Hill | S | SR | Port St. Joe, FL |
| Jeremiah Hunt | MD | SR | Lemoore, CA |
| Greg Jack | T | SR | Eganville, Ontario |
| Darius Jones | ME | JR | Tallahassee, FL |
| Jayson Jones | S | JR | Columbus, GA |
| Tommy Kunish | D | FR | Pensacola, FL |
| Nafthaly Kurgat | MD | SR | Kapsabet, Kenya |
| Mario Lowe | J | FR | Lithonia, GA |
| Kenyun Langston | S | JR | Hallandale, FL |
| Jason Lawrence | PV | FR | Cocoa, FL |
| Jody Lawrence | T | JR | Cocoa, FL |
| Michael Maier | D | SR | Genkingen, Germany |
| Travis Minor | S | SO | Baton Rouge, LA |
| Marcus Odom | H/J | FR | Jacksonville, FL |
| Ryan Owaski | H | FR | Pembroke Pines, FL |
| Steven Pritchett | MD | FR | Atlanta, GA |
| Calvin Randolph | S | SR | Hopskins, SC |
| Kelvin Randolph | S | SR | Hopskins, SC |
| Aaron Scheer | D | SR | Fremont, NE |
| Brad Shriver | D | SR | Harrisburg, PA |
| Antonio Smith | S | JR | Tallahassee, FL |
| Danny Smith | MD | JR | Orlando, FL |
| Brandon Spears | D | JR | Ft. Myers, FL |
| Tavaris Spradley | S | SO | Tallahassee, FL |
| Germaine Stringer | S | JR | Decatur, GA |
| Byron Taylor | H | FR | Stone Mountain, GA |
| Brady Thomas | D | FR | Evans, GA |
| Josh Ware | D | JR | Ft. Myers, FL |
| Brett Williams | T | FR | Kissimmee, FL |
| Christopher Williams | S | FR | APO, Germany |
| Al Young | S | FR | Miami, FL |

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

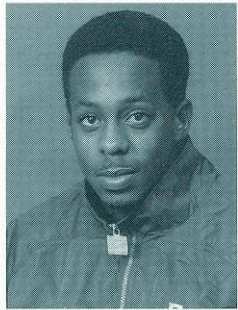
MEN'S BIOS

Steve Augustine Junior, Hurdles

Tortola, British Virgin Is.

(Central Arizona JC/BVI HS)

The 1997 junior college national champion in the 400m hurdles last year...transferred to FSU from Central Arizona Junior College...will com-



pete for conference honors in his first season as a Seminole...

Junior College: Named the most outstanding athlete at Central Arizona last

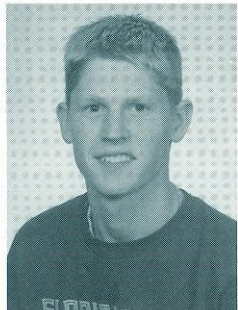
year...recorded a personal best time of 51.08 in the 400m hurdles as the national runner-up in 1998...won the Juco 400m intermediate hurdle national championship in 1997 with a time of 51.50...awarded the MVP of track team that season...a Dean's List member both years...**Personal:** A design major...born March 11, 1977.

Christian Bland Freshman, High Jump

Seabrook, TX

(Clear Lake High School)

An outstanding freshman prospect who should develop into an excellent high jumper for the Seminoles...a versatile athlete who lettered in both track and field and baseball in high school...finished fifth in the



high jump at the Texas state meet as a senior in high school...

Prep: Finished third in the district as a sophomore before eventually win-

ning the district title his senior year in the high jump (6-6)...won the region (Houston) high jump competition with a jump of 6-8...a member

of the National Honor Society as well as the Spanish Honor Society...

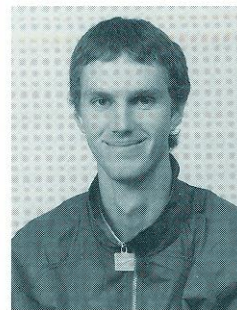
Personal: A communications (advertising) major...born July 29, 1980...very active in his church at home where his father, Jim, is the pastor...father held the school record in the high jump at the University of Maryland for a number of years.

Wade Brett

Freshman, Middle Distance

Port Lavaca, TX (St. Joseph HS)

Redshirt freshman who specializes in the 800m...combines with Danny Smith, Nafthaly Kurgat and Jeremiah Hunt to give the Seminoles a strong



800m group...

used redshirt

season to

prepare for

collegiate

competi-

tion...**1998:**

Redshirted...

Prep: Won

the Texas

state title

(TAPPS) in the 800m as a senior...a four-year basketball letterman...named to the second-team all-state basketball team as a senior...also ran cross country and was an honor roll student...**Personal:** A mechanical engineering major...rooms with pole vaulter Jason Dean...born March 26, 1979.

Todd Crannell

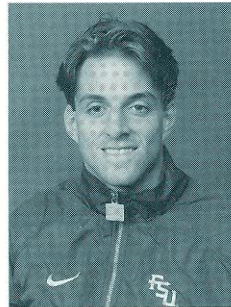
Senior, Pole Vault

Jupiter, FL (Jupiter HS)

Collegiate Best: Pole Vault (15-1)

One of several talented pole vaulters on the FSU roster...could score in the event at the conference indoor and outdoor meets...a Dean's list student who has been on the ACC honor roll the past three years and was the men's track Golden Torch winner...

1998: Took eighth in the pole vault at the Barnett Bank Invitational with a mark of 14-9...recorded a vault of 14-5.25 at the FSU Relays...placed



seventh at the Seminole Twilight (14-7.25) in the event...**1997:** Finished second at the Florida Intercollegiate in the pole vault

at 14-1...placed third at the Seminole

Twilight (15-1)...**Prep:** The Palm

Beach County pole vault champion

in 1993 and '94...holds the school

pole vault record at Jupiter...MVP of

track team as a junior and senior...

also a county wrestling champion...

named to school's hall of fame...

Personal: An economics major...

born May 11, 1976...served as the

community service coordinator for

the track team...involved in the

student-athlete advisory council.

Jason Dean

Sophomore, Pole Vault

Clearwater, FL (Clearwater HS)

Collegiate Best: Pole Vault (16-6.75)

The best pole vaulter to wear the

garnet and gold since All-American

Jeff Bray...stands seventh on the FSU

all-time list...earned conference

runner-up honors at the ACC Out-

door Championships as a freshman

...will con-

tend for the

title this

season...**1998:**

Placed 10th

at the ACC/

SEC Chal-

lenge in the

pole vault

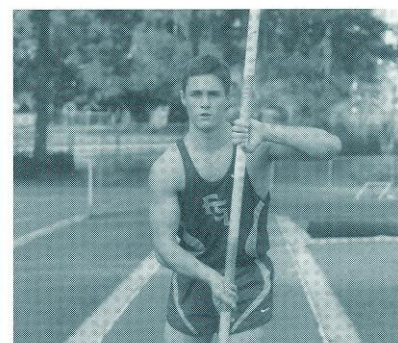
with a mark

of 15-3...

scored at the ACC Indoors with a

fourth place effort of 15-5.75...won

the FAMU Relays (16-0)...finished

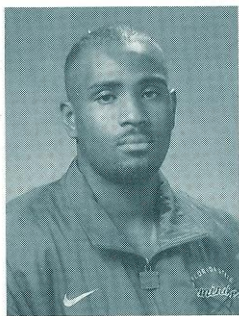


MEN'S BIOS

fourth at the Florida Relays with a vault of 15-9.25...took the Florida Intercollegiate pole vault title (15-6)...the ACC Outdoor runner-up at 16-3.25...recorded a mark of 16-1.25 at the Penn Relays and finished third ...established a collegiate best at the Seminole Twilight (16-6.75) in a second place effort...**Prep:** An all-state and all-conference pole vaulter as a junior and senior...placed second at state and first as a senior in the pole vault...won the National Junior Olympic pole vault title (15-5) in Baton Rouge, LA...owns the Clearwater school record in the pole vault ...carried a 3.2 GPA and earned the Gold Seal Scholarship...**Personal:** Majoring in sports administration...rooms with teammate Wade Brett...born June 1, 1979.

Reggie Glover Junior, Hurdles

Orlando, FL (Oakridge HS)
Collegiate Best: 400m hurdles (51.75)
FSU's top 400m hurdler who is back after a redshirt season...scored in conference action in the 400m hurdles as a sophomore in 1997...also a valuable relay team member...



1998: Redshirted...
1997: Finished sixth in the 400m hurdles (53.94) at the Snowbird Invitational ...placed 12th in the

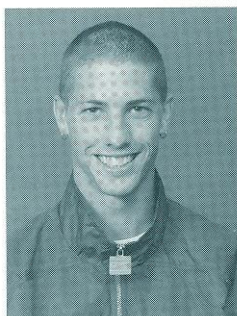
400m hurdles (53.49) at the Florida Relays...scored in three events at the ACC Outdoors with a sixth place finish in the 400m hurdles (51.75) and a pair of fourth place finishes as a member of both relay teams...took seventh at the Georgia Tech Invitational in the 400m hurdles (52.03)...**1996:** Placed fourth at the FAMU Relays in the 400m hurdles...sixth in the FSU Relays in that event...picked up sixth place points in the 400m hurdles at the Florida Intercollegiate



(54.76)...**Prep:** An All-American as a senior in 1995 as a senior in the 4x400m and the 4x800m...team captain of track team as a senior...lettered four years in track and three years in football at Oakridge...defensive back of the year as a senior...**Personal:** Majoring in marketing...father, Richard, was a standout defensive back at NC State...born July 11, 1977.

Iain Harnden Junior, Hurdles

Harare, Zimbabwe (Peterhouse)
Transfer from North Carolina with ability to contribute immediately in the hurdles and could also help in the sprints...combination of height (6-3) and speed makes him an ideal hurdler...brother, Ken, was a national



champion in the 400m hurdles in 1995 at UNC and an Olympian for Zimbabwe in '96

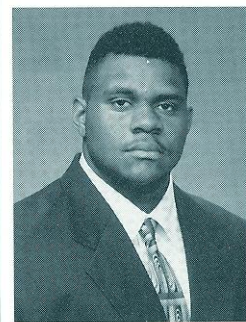
...**Prep:** Competed in rugby, squash, tennis, cricket, track, and basketball at Peterhouse...**Personal:** A civil engineering major...lives and

trains with his brother...celebrates a September 23, 1978 birthday.

Donald Heaven Junior, Throws

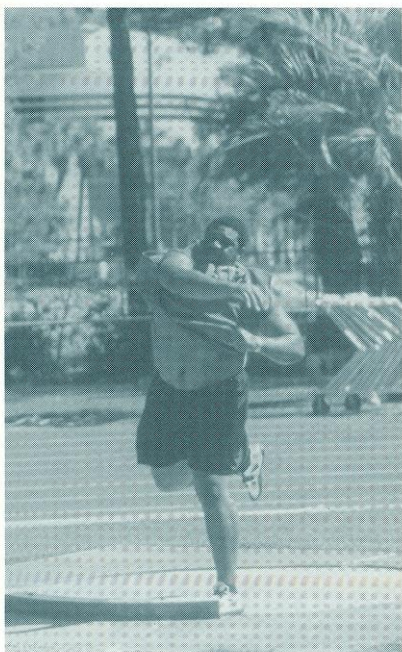
Miami, FL (Carol City HS)
Collegiate Bests: Shot Put (54-2), Discus (171-7)

A two-sport athlete who is an offensive lineman on the Seminole football team...an experienced conference scorer in the discus and the shot put...could compete for national honors with dedication in the weight room and at practice...**1998:**



Competed in his first meet of the indoor season and placed 10th in the shot put (50-4.50) at the ACC/SEC Challenge...took second in

the shot (52-2) at the Barnett Bank Invitational... scored at the ACC Indoors with a third place shot of 54-2...began the outdoor season by finishing third in the discus (159-6) and fifth in the shot (48-3.50) at the FSU Relays...recorded a pair of second place efforts at the Florida Intercollegiate with a shot of 49-5.75 and discus mark of 157-3... placed third in the discus and fourth in the shot at the ACC Outdoors with throws of 53-10.25 and 171-6... finished third in the shot (53-3.75) and sixth in the discus (160-7) at the FSU-UF-Nebraska tri-meet...won the Seminole Twilight shot put title with a mark of 50-10.75 and took second in the discus at 171-7...**1997:** Placed 12th at the ACC/SEC Challenge in the shot put with a throw of 50-8... finished sixth in the shot at the Carolina Indoor Open (52-7.50)... scored at the ACC Indoors with a sixth place shot put of 51-11.75... also placed 10th in the weight throw (40-3.25)...took sixth at the ACC Outdoors with a mark of 154-9 in the discus...**Prep:** Won the state title in the shot and discus as a senior with throws of 59-3 and 197-6...led Carol City to the 6A team championship and a national ranking of



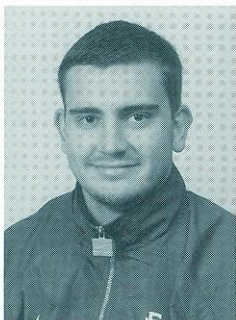
three that season...ranked second in the discus and fifth in the shot nationally following senior year...won both the shot and discus at the International Prep Track & Field Invitational (Chicago, 1996) and was named the outstanding male field performer...**Personal:** Plans to major in business...born April 17, 1978... father, Donald Sr., threw discus and shot on the collegiate level.

Brad Hess Junior, Throws

Palm Harbor, FL (Clearwater Central Catholic HS) Collegiate Bests: Shot Put (50-6.25), Discus (162-9), Hammer (154-5), Weight (48-2)

Thrower with outstanding ability in four of the throwing events...scored in the discus, shot and hammer at the ACC Outdoors...teams with Greg Jack, Jody Lawrence and Donald Heaven to give FSU one of its strongest throw teams in recent years...

1998: Placed eighth at the Florida Invitational shot put with a throw of



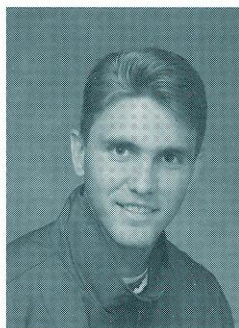
47-5 in the season's first indoor meet...finished third in the shot (50-6.25) and fourth in the weight (47-5.25) at the Barnett Bank

Invitational...at the ACC Indoors, scored with an eighth place effort and mark of 48-2 in the weight...took second in the weight (153-3) and fourth in the discus (157-3) at the FSU Relays...won the Florida Intercollegiate hammer title with a toss of 151-11...also placed third in the shot at 49-4.125 and fourth in the discus at 155-4...scored in three events at the ACC Outdoors...finished fifth in the discus (161-2), sixth in the shot (49-2.25) and eighth in the hammer (135-10)...placed second in the hammer (154-5), third in the shot (48-11.0) and fourth in the discus (157-7) at the Seminole Twilight...**1997:** Finished fifth in the discus at the Snowbird Invitational with a mark of 154-4...took sixth at the Florida Relays with a toss of 162-3 in the discus...won the discus (152-11) and was second in the hammer (135-8) at the Florida Intercollegiate...placed third at the ACC Outdoors in the discus (162-2)...just missed scoring in the shot put with a ninth place throw of 47-8.50...finished second in the shot (47-11) and discus (162-9) at the Seminole Twilight...**Prep:** An all-conference performer and honor roll student at Clearwater Central Catholic...a three-year state finalist in the discus...**Personal:** A finance major...born October 29, 1976.

Jeremiah Hunt Senior, Middle Distance

Lemoore, CA (Lemoore Union HS) Collegiate Bests: 800m (1:52.42)

Senior who is placed sixth in the 800m at the ACC Outdoors...has shown continued improvement on the track since his arrival at FSU...one of three Seminoles with conference scoring experience in the 800m...**1998:** Began the indoor season with a 14th place finish and time of



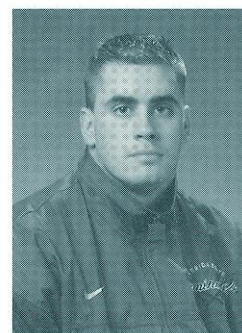
1:56.53 in the 800m at the ACC/SEC Challenge...ran 1:57.67 (14th) in the 800m at the Barnett Bank Invitational...placed 11th at the

FSU Relays 800m with a time of 1:57.47...finished fourth at the Florida Intercollegiate (1:53.89)...took sixth in the ACC Outdoor 800m final in 1:52.83...recorded a collegiate best time of 1:52.42 in the prelims...**1997:** Ran 1:54.35 in the 800m at the Snowbird Invitational in a sixth place showing...finished sixth at the FSU Relays in the 800m (1:52.93)...placed 11th in the Florida Intercollegiate 800m with a time of 1:57.61...**Prep:** A member of the U.S. Boy's Cross County Team following senior season...named track and cross country MVP as a senior...a two-year member of the National Honor Society...**Personal:** A criminology major...mother, Debra, set the 55m record at Virginia...born November 4, 1976.

Greg Jack Senior, Throws

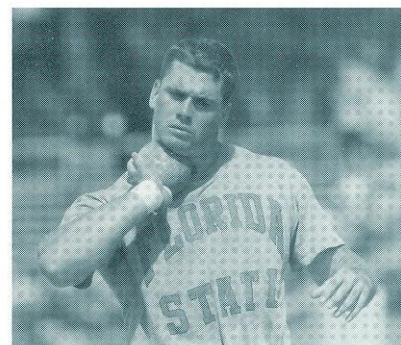
Eganville, Ontario (St. Pius X HS) Collegiate Bests: Shot Put (56-10.75), Javelin (210-8)

Returns to the squad after taking a redshirt year in 1997...his presence is a key reason Harlis Meaders' throws team is expected to be one of the best in recent years...ACC Indoor shot put champion two years ago...



will be FSU's top thrower in the shot and javelin...**1998:** Redshirted...**1997:** Finished fourth in the shot at the Barnett Bank Invita-

tional with a mark of 54-4.75...recorded a throw of 56-10.75 in a fourth place effort at the Carolina Indoor Open...won the ACC shot



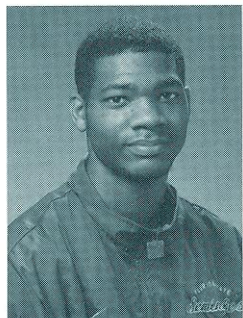
MEN'S BIOS

put title with a throw of 56-3.75... placed sixth in the shot (54-8) and third in the javelin (206-3) at the FSU Relays...recorded a pair of third place finishes at the ACC Outdoors in the shot (53-0.75) and javelin (205-6)...won the Nike Twilight javelin title with a throw of 206-6... **1996:** placed first in the shot put (53-1) and second in the javelin (195-8) at the Florida Intercollegiate ...finished first in the shot at the Clemson Invitational with a throw of 54-2...sixth in the shot at the ACC Indoor and Outdoor Championships ...recorded a collegiate-best throw of 210-8 in the javelin (third) at the ACC Outdoors... **1995:** Finished third in the ACC Outdoor javelin finals with a throw of 201-9...placed ninth in the shot (50-2) at the ACC Outdoors...third place at the Auburn Invitational in the discus (139-6)... also finished third in the javelin (184-7)...and fourth in the shot (49-8.25) at Auburn... **Prep:** Ranked in Canada's top 15 in the shot, discus and javelin...member of Canadian junior team in discus and javelin... five-year high school track MVP... **Personal:** A physical education major...born September 12, 1975.

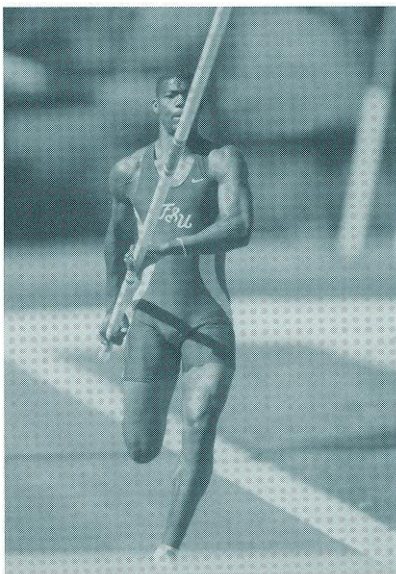
Darius Jones Junior, Multi-Events

**Tallahassee, FL (Godby HS)
Collegiate Bests: Decathlon (7,178), High Jump (6-10.75), Long Jump (23-11.75), Pole Vault (15-7.25)**

Becoming one of the best all-around athletes in school history...posted the school's No. 3 all-time decathlon point total in 1998...contributed more points than any other Semnole in conference competition last season...



1998: Started off the season at the Florida Invitational with a high jump of 6-10.25, good for fourth place...long



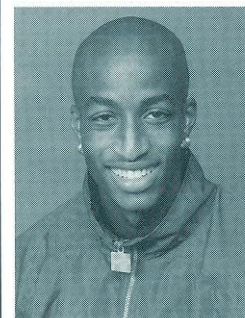
jumped 23-8.75 and finished sixth at the ACC/SEC Challenge...placed sixth in the pole vault (15-3), eighth in the long jump (22-8.50) and fourth in the high jump (6-9.75) at the Barnett Bank Invitational...the leading point scorer at the ACC Indoors as he high jumped 6-9.75 (second), long jumped 22-10.50 (seventh) and pole vaulted 15-5.75 (sixth)...recorded a fourth place finish in the decathlon with a point total of 6,810 at the FSU Relays... added a seventh in the pole vault (15-7), a third in the long jump (22-1) and a second in the high jump (6-8.75)...also threw the javelin 150-9 in individual competition...placed sixth in the Florida Relays high jump at 6-8.75...picked up second place points in the decathlon (6735), third place points in the long jump (23-11.75) and fifth place points in the high jump (6-8) at the ACC Outdoors...took sixth in the pole vault at the Penn Relays with a collegiate best mark of 15-7.25...won the Seminole Twilight decathlon with 7,178 points, an NCAA provisional total, and the high jump (6-10.75) ... **1997:** High jumped 6-6.75 to take 10th at the ACC/SEC Challenge... finished sixth at the Wildcat Classic in the pole vault (15-0) and fourth in the long jump (21-0.75)... placed fifth at the ACC Indoors in the high jump (6-9), sixth in the pole vault

(15-7.75) and eighth in the long jump (23-7.25)...placed 10th in the decathlon at the FSU Relays with a point total of 6243... won the high jump at the Florida Relays (6-10.75) ...finished fifth in the long jump (23-2.50) and seventh in the pole vault (14-5.50) at the ACC Outdoors ... **Prep:** A high school All-American at Godby...recorded career-best marks of 6-10 in the high jump and 14-6 in the pole vault...named first team all-state as a freshman...also played basketball... **Personal:** A Golden Nole Award winner in 1997-98...enrolled in FSU's criminology program...born December 5, 1977.

Jayson Jones Junior, Sprints

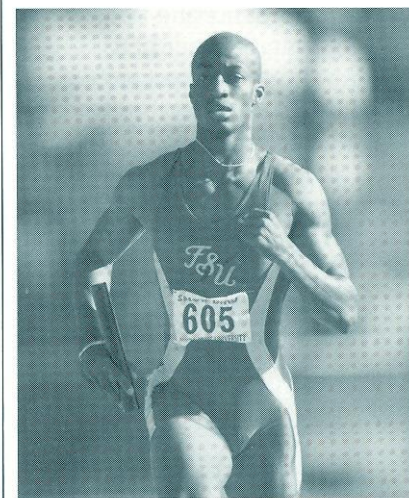
Columbus, GA (Heidelberg HS, Germany) Collegiate Bests: 200m (22.23)

Junior who provides experienced depth in the sprints...will look to push FSU's top sprinters with continued improvement...owns a personal best



200m practice time of 21.3... **1998:** In the season opener, ran 6.75 in the prelims of the 55m at the Florida Invitational,

but did not advance...placed 20th with a time of 23.28 at the FSU Relays...finished 10th at the Florida Intercollegiates in the 200m (23.88) ...clocked in at 22.23 in a ninth place

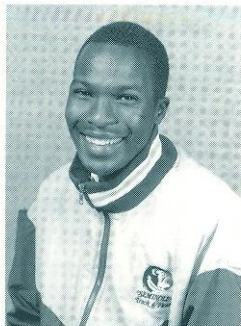


finish at the FSU-UF-Nebraska tri-meet...placed 16th with a time of 22.53 in the 200m at the Seminole Twilight...**Prep:** Named MVP of Heidelberg High School track team...team captain of school's football team...won several awards as a stand-out wide receiver...an honor roll student who was a two year academic all-conference honoree for football and track...**Personal:** Celebrates an August 15, 1977...lived in Germany for 12 years (father was in the Army)...majoring in information studies while also pursuing a minor in sports management.

Nafthaly Kurgat

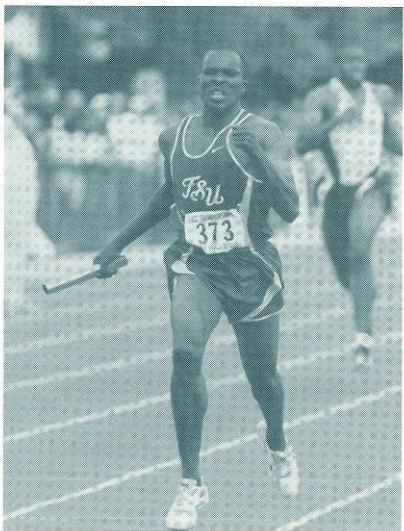
Senior, Middle Distance
Kapsabet, Kenya (Kapsabet HS)
Collegiate Best: 800m (1:51.77)

Senior who began his career in the distance events...has developed into a competitive 800m runner...scored in the ACC Indoor and Outdoor 800m last year...**1998:** Placed 11th with a time of 1:55.98 at the ACC/



SEC Challenge 800m...clocked in at 1:54.74 in the 800m to take seventh at the ACC Indoors...finished third at the Florida Intercollegiates

in the event in 1:52.82...also scored in the ACC Outdoor 800m with an eighth place time of 1:55.08...established a collegiate best of 1:51.77 in



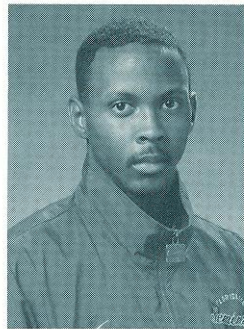
the prelims...**1997:** Placed 23rd at the ACC/SEC Challenge in the 800m (1:57.32)...recorded an 800m time of 1:59.04 in the prelims at the ACC Outdoors...finished third in the 800m at the FSU Relays at 1:51.28...ran 1:53.87 in an 11th place effort in the ACC Outdoor 800m...**Prep:** Named Kapsabet's athlete of the year as a senior...**Personal:** An electrical engineering major...born August 20, 1978.

Kenyun Langston

Junior, Sprints

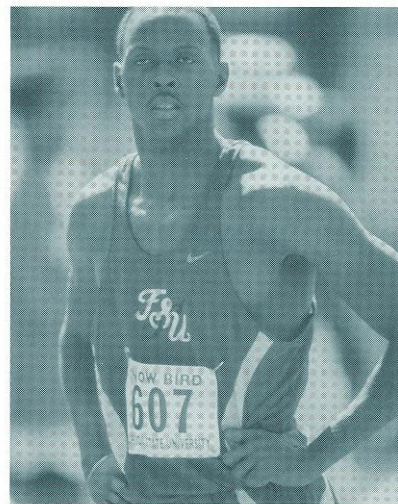
Hallandale, FL (Hallandale HS)
Collegiate Bests: 400m (48.65)

Coaches are looking for a breakthrough year in 1999...will concentrate on the 400m and the 4x400m relay...needs continued improvement throughout the season to make an impact at the conference level...



1998: Recorded a 400m time of 50.15 (14th) at the Florida Invitational, the first indoor meet of the season...placed 12th at the FAMU

Relays with a 400m time of 49.45...finished fifth (49.00) in the 400m at the Florida Intercollegiates...clocked in with a collegiate best of 48.65 in the ACC prelims of the 400m, but did not advance...**1997:** Finished 19th in the 400m at the ACC/SEC challenge (49.55)...placed 14th in the 400m at the Snowbird Invitational with a time of 50.03...also saw action as a member of the 4x400 relay team...**Prep:** Most valuable track athlete at Hallandale for three straight years...also participated in basketball and track at Hallandale...an honor roll student voted as the best-all-around senior...**Personal:** Majoring in psychology...born January 22, 1978...cousin, Travis Mays, played in the NBA...aunt played softball at Florida State.

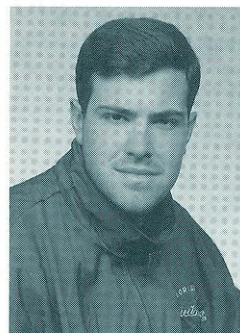


Jody Lawrence

Junior, Throws

Cocoa, FL (Titusville HS)
Collegiate Bests: Discus (181-8), Hammer (175-8), Shot Put (54-6.50), Weight (61-6.25)

NCAA provisional qualifier in the discus with All-America potential...finished third or better in conference action in three different events...ranks among the school's top three all-time in the weight (first), discus



(second) and hammer (third)...**1998:** Began the indoor season with second place finishes in the shot put (54-6.50) and the weight (61-

6.25) at the Florida Invitational...placed third in the ACC Indoor weight with a throw of 59-4.25 and seventh in the shot at 51-9.75...won the FSU Relays title in the hammer (170-3) and was second in the discus (178-7)...took first in the discus (169-10) and second in the hammer (149-10) at the Florida Intercollegiates...recorded impressive performances at the ACC Outdoors with a second place throw in the discus at 176-1 and a third place toss in the hammer at 175-8...won the hammer (169-1) and the discus (181-8) at the Seminole Twilight...**1997:** Redshirted...**1996:** Placed seventh at the ACC/SEC Challenge with a throw of 53-11.75...finished seventh at the ACC



MEN'S BIOS

Indoors in the shot (51-7.75)... placed second in the discus at the Snow Bird Invitational with a throw of 171-7...won the discus at the Florida Intercollegiate with a mark of 169-5.75...finished second in the discus at the ACC Outdoors with a throw of 172-9...**Prep:** Earned nine letters at Titusville High while competing in football, basketball, baseball and track...captained each of those teams...earned scholar-athlete award...**Personal:** An exercise physiology major...involved in the student-athlete advisory council, community service projects and tutoring...a Dean's List student every year and an ACC Honor Roll member...born June 9, 1977.

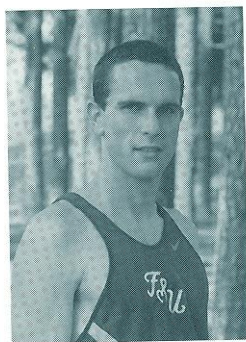
Michael Maier

Senior, Distance

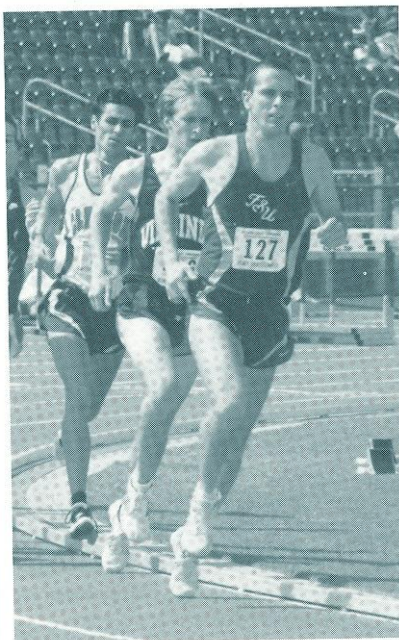
**Genkingen, Germany
(Tuebingen Univ.)**

Collegiate Best: 1500m (4:02.58)

One of the cross country team's top runners...has yet to realize potential on the track...will likely compete in several distance events from the 1500m and up, including the steeplechase...**1998:** Saw limited



action during indoor season... finished 13th in the 3K steeplechase in 10:13.10 at the Clemson Invitational ...placed seventh in the Seminole Twilight 800m with a time of 1:57.47...recorded a collegiate best time of 4:02.58 in the ACC 1500m prelims...**1997:** Spent the fall competing as a member of the FSU cross country team...**Prep:** Finished sixth at the German Junior Championships in the 1500m after placing eighth in 1995...recorded a time of 8:28 in the 3K (indoor)...**Personal:** Plans to major in business...father was a two-time Olympic athlete in



the 3K steeplechase ('72, '76) and a coach in '88...born January 11, 1976.

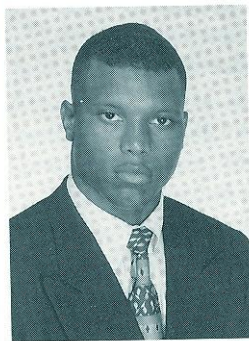
Travis Minor

Sophomore, Sprints

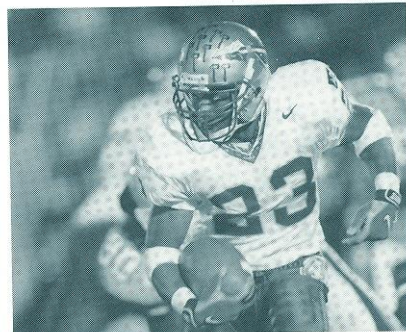
Baton Rouge, LA (Catholic HS)

Collegiate Bests: 55m (6.45), 60m (6.82), 100m (10.55)

Sophomore two-sport standout who had the team's best 100m time last season...the starting tailback for the Seminole football team for the past two seasons and was a first-team All-



ACC selection in the fall...rushed for 857 yards and had seven touchdowns in 10 games ...attended the same high school as Warrick Dunn, a two-sport All-American at FSU (track and football)...broke many of Dunn's track and football records at Catholic High...**1998:** Finished 29th in the 200m at the ACC/SEC Challenge with a time of 23.03...clocked in at 6.45 to place ninth in the Barnett Bank Invitational 55m...scored at the ACC



Indoors with a sixth place and time of 6.82 in the 60m finals...recorded top 100m dash time on the team with a 10.55 showing at the FSU Relays...placed sixth at the Florida Relays in the 100m in 10.71...**Prep:** Louisiana state champion in the 100m and 200m as a junior...recorded times of 10.45 (third in the nation) and 21.25 that ranked among the nation's top ten...also anchored the 4x400 and 4x200 that won state titles in record times... placed fourth at the National Scholastic Indoors (Boston) in the 60m... led track team to three straight state championships at Catholic HS... participated only in the 400m and anchored the mile relay due to a hamstring injury, winning both as a senior...the *USA Today* offensive player of the year on the football field...regarded as the top tailback in the nation...**Personal:** Enrolled in FSU's undergraduate studies program ...born June 30, 1979.

Marcus Odum

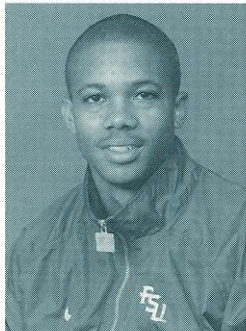
Freshman, Hurdles/Jumps
Jacksonville, FL (The Bolles School)

A highly touted redshirt freshman who is a former high school state champion in the 110m hurdles... brings excellent speed and strength to the hurdles and jumps...has a chance to develop into one of FSU's finest hurdlers...**1998:** Redshirted...**Prep:** A two-sport athlete in high school...lettered in both football and track...named to the all-district and all-conference teams in track as a senior...won the state champion in the 4A 100m hurdles as a senior...a member of the Progressive Black Men...**Personal:** Lives with teammate Steve Augustine...a chemical engineering major...celebrates an August 15, 1979 birthday.

Steven Pritchett

Freshman, Middle Distance
Atlanta, GA (Frederick Douglas High School)

Enters Florida State with an impressive high school background...a talented all-around athlete who competed in cross country, track, foot-



ball, and basketball in high school... will push the upper-classmen this year in the middle distances...

Prep: A two-time

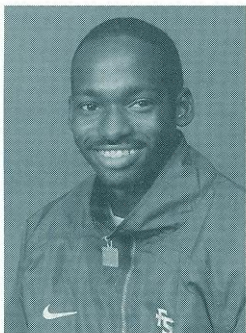
regional champion in the 800m...posted a career best 48.5 in the 400m as a junior...selected as a team captain as a junior and senior...a National Achievement Scholar...editor of high school yearbook...member of the Dean's List and won several Academic-Athletic Awards...

Personal: Plans to major in history...born July 30, 1980...brother, Stanley, is a fullback for the Miami Dolphins.

Calvin Randolph

Senior, Sprints
Hopkins, SC (Lower Richland HS)
Collegiate Bests: 200m (22.43), 400m (49.77)

Experienced runner in the 200m, 400m and relays...provides needed depth in those areas...a hard worker who has shown improvement each



year...**1998:** Recorded a time of 52.50 in the 400m and finished 23rd at the Barnett Bank Invitational...clocked in at 50.70 in the

400m at the FSU Relays...finished 11th in the 400m (50.38) and 13th in the 200m (22.47) in the 300m at the Clemson Invitational...ran 22.51 in the 200m and 49.77 in the 400m in ACC preliminary competition...

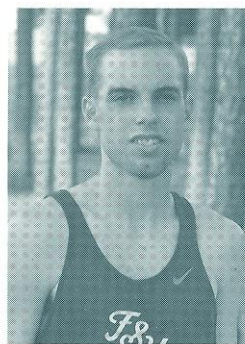
concluded the season at the Seminole Twilight with a 15th place effort in the 200m (22.43)...**Prep:** An honorable mention All-American in the 200m and 400m...a state champion...participated in football, track and cross country at Lower Richland...named the most improved cross country runner as a senior...

Personal: Majoring in physical therapy...twin brother, Kelvin, runs track as well...an ACC Honor Roll and Dean's List member...born May 25, 1976.

Aaron Scheer

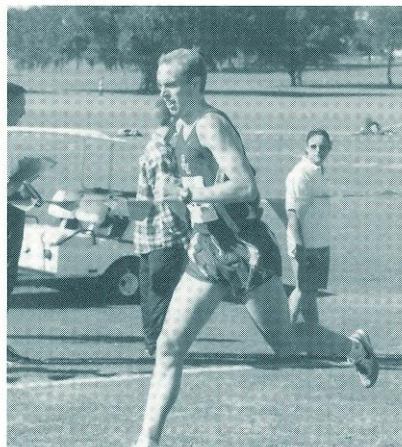
Senior, Distance
Fremont, NE (Fremont HS)
Collegiate Bests: 1500m (3:52.82), 3K (8:30.28), 5K (14:46.55)

Senior in his second season as a Seminole after transferring to FSU from Nebraska...cross country team captain and the squad's top runner for the last two years...will run a number of distance events this sea-



son...**1998:** Began the indoor season with a fourth place effort and time of 4:21.93 in the Florida Invitational mile...was also fourth

at the ACC/SEC Challenge (8:34.95) in the 3K...placed second in the 3K at the Barnett Bank Invitational with a time of 8:30.28...finished second in the Florida Intercollegiate 800m (1:52.79)...took seventh with a time of 14:46.55 in the 5K at the FSU Re-



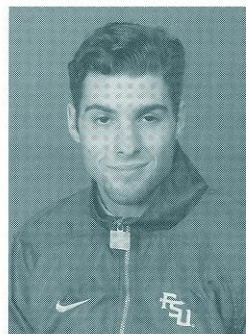
lays...ran second at the Clemson Invitational 5K (14:57.69)...recorded times of 3:52.82 (16th-1500m) and 15:10.72 (11th-5K) at the ACC Outdoors...placed fourth in the 1500m at 3:54.30 and fifth in the 3K at 8:42.25 in the FSU-UF-Nebraska tri-meet...**Prep:** An all-state performer as a senior...placed sixth at the state cross country meet...finished fifth in the 800m and seventh in the 1600m at the state track meet...a nine-time letterman at Fremont High in cross country, track and swimming...

Personal: A representative for FSU's student-athlete advisory council...majoring in social science...sister runs track at University of Nebraska at Omaha...born December 30, 1974.

Brad Shriver

Senior, Distance
Harrisburg, PA (Susquehanna Township)
Collegiate Best: 5K (15:13.67)

Veteran member of Seminole distance corps...will compete primarily in the 5K and 10K...has also run cross country for the Tribe...**1998:** Finished 11th at the Clemson Invita-



tional in the 5K with a time of 15:29.81...won the Florida Intercollegiate 5K in a collegiate best time of 15:13.67...

clocked in at 32:31.76 (10th) at the ACC Outdoor 5K...concluded the season with a seventh place 5K effort (15:36.57) at the Seminole Twilight...

Prep: participated in track and cross country at Susquehanna...qualified for the state cross country meet as a senior...**Personal:** A marketing major...born August 19, 1976.

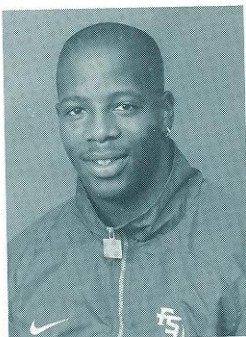
Antonio Smith

Junior, Sprints
Tallahassee, FL (Rickards HS)
Collegiate Bests: 200m (21.50), 400m (47.41)

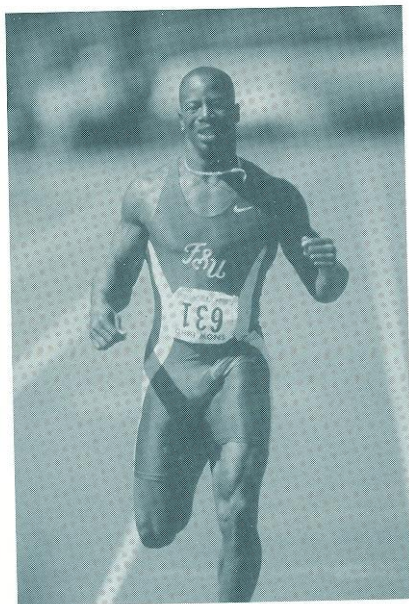
Junior whose performances in the 200m, 400m and relays will play a



MEN'S BIOS



key role in determining the men's success this season...a returning ACC scorer in the 400m...has bettered times each year and will need to continue that improvement...**1998:** Took ninth in the 400m at the Florida Invitational with a time of 49.51...placed 17th (49.50) in that event at the Barnett Bank Invitational...finished third at the FSU Relays with a 400m time of 49.16 to start the outdoor season...clocked in at 48.96 (19th) in the Florida Relays 400m...recorded times

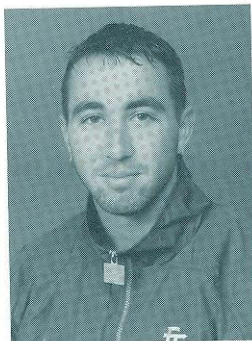


of 21.86 (fourth) and 49.08 (sixth) in the 200m and 400m at the Florida Intercollegiate...scored at the ACC Outdoors with a seventh place 400m time of 47.56...qualified for the finals in a collegiate best 47.41...just missed qualifying in the 200m (21.50)...placed seventh in the 400m (48.18) and eighth in the 200m (21.77) at the Seminole Twilight...**1997:** Clocked in at 49.66 in the 400m at the ACC/SEC challenge (20th)...ran 51.24 in the 400m and 22.73 in the 200m in the prelims of the ACC Indoor Championships...

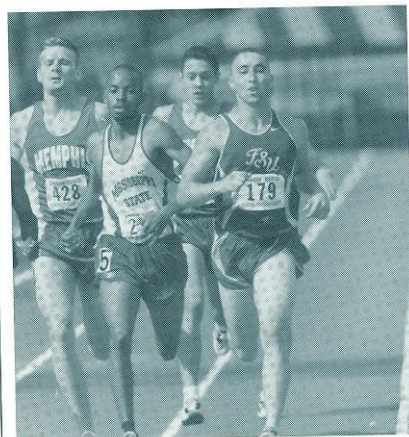
finished ninth in the 400m at the Snowbird Invitational (49.23)...placed sixth in the 200m at the Florida Intercollegiate with a time of 22.18...finished 14th (22.39) in the 200m and 11th (49.40) in the 400m at the ACC Outdoors...**Prep:** Won district and regional 400m titles before placing third at state...an honor roll student...involved in Academy of Public Service shuttle program (public service jobs)...**Personal:** Majoring in criminology...born September 9, 1977.

Danny Smith Junior, Middle Distance Orlando, FL (Oak Ridge HS) Collegiate Bests: 400m (48.40), 800m (1:51.52)

Returning ACC scorer in the 800m...expected to contend for the conference championship and post NCAA qualifying marks this year...ready to get off to a good start in 1999 after redshirting during the outdoor season...



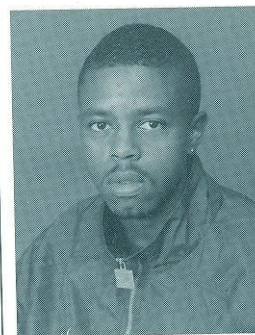
1998: Finished fifth in the 400m at the Florida Invitational in 48.40...clocked in at 1:52.75 (fourth) at the ACC/SEC challenge...took third in the 800m at the ACC Outdoors with a time of 1:51.65...took a redshirt during the outdoor season...**1997:** Started the indoor season with a second place finish in the 800m in 1:52.52...recorded a mark of 1:52.33 in a 12th place 800m effort at the Georgia Tech Invitational...closed the season with a fifth place finish (1:52.94) in the 800m at the Seminole Twilight...**1996:** Placed sixth at the Snowbird Invitational in the 800m (1:53.89)...scored at the ACC Outdoors in the 800m with an eighth place finish and time of 1:56.12...ran a season best 1:52.18 at



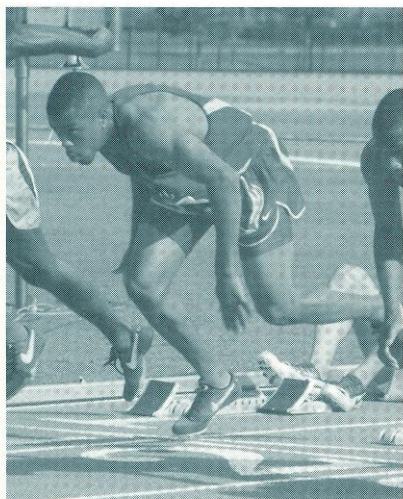
the Seminole Twilight...**Prep:** All-American at Oak Ridge High School in the 4x800m...school record holder in five events...participated in football, soccer and track...state 800m champion in 1994...fourth at Junior Nationals in the 800m in 1995...**Personal:** Majoring in hospitality administration...born December 30, 1976.

Tavaris Spradley Sophomore, Sprints Tallahassee, FL (Leon HS) Collegiate Bests: 100m (10.72), 200m (21.23), 400m (47.52)

Local sprint product who had an impressive freshman campaign...finished seventh in the ACC Outdoor 200m finals...possesses excellent sprint range with ability in the 100m, 200m and 400m...**1998:** Post-



ed a 200m time of 21.99 (eighth) at the Barnett Bank Invitational...placed fourth with a 100m time of 10.79 at the FSU Relays...won the Florida Intercollegiate 100m title with a time of 10.74...also took second in the 200m in 21.56...picked up seventh place points at the ACC Outdoor 200m with a time of 21.51 in the finals...recorded collegiate best 100m (10.72) and 200m (21.23) in the preliminary rounds of those events...took fifth in the 400m and fourth



in the 200m with times of 47.52 and 21.43 at the Seminole Twilight...

Prep: A standout sprinter at nearby Leon High School...**Personal:** Enrolled in FSU's undergraduate studies program...born September 5, 1978.

Germaine Stringer

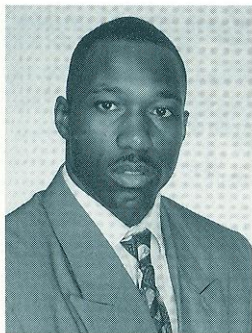
Junior, Sprints

Decatur, GA

Collegiate Bests: 55m (6.39), 100m (10.72), 200m (21.60)

Junior who doubles as a wide receiver on the FSU football team... could develop into a great sprinter with dedication to track...scored in the 60m and 200m at the ACC Indoor Championships last year...

1998: Placed 16th in the ACC/SEC Challenge 200m (22.22)...recorded a collegiate best 55m time of 6.39 at



the Barnett Bank Invitational, winning the section two finals... added a fourth place effort in the 200m (21.91)... finished

fourth in the 200m (21.60) and seventh in the 60m (6.85) at the ACC Indoors...took eighth at the Florida Relays in the 100m with a time of 10.72...**1997:** Finished fifth at the ACC/SEC Challenge in the 55m dash at 6.86...recorded a 55m time of 6.46 at the ACC Indoor

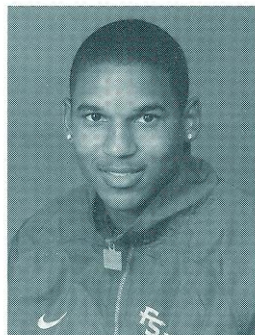
prelims...also clocked in at 22.35 in the ACC Indoor 200m prelims... missed majority of outdoor season due to spring football practice ...**1996:** Placed fourth in the 200m at the Barnett Bank Invitational with a time of 22.46...picked up sixth place points at the ACC/SEC Challenge in the 200m (22.35)...missed qualifying for the 55m finals with a mark of 6.51 in the prelims and 6.62 in the semifinals at the ACC Indoors ...**Prep:** Won state titles in the 100m and 200m as a junior and senior... recorded the second fastest 100m time in the nation (1.18)...a four-year letterman in track and a three-year letterman in football at Southwest Dekalb...**Personal:** Enrolled in FSU's undergraduate studies program ...born January 4, 1976.

Byron Taylor

Freshman, Hurdles

Stone Mountain, GA
(Stephenson High)

An excellent athlete who will see early action in the hurdles...key member of a strong freshman class that is expected to lead FSU to ACC title contention...**Prep:** An all-metro 300m hurdler who was named to the



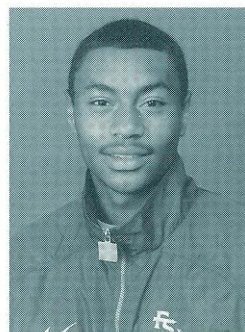
Atlanta 1st team... lettered in cross country and track at Stephenson High...named MVP of track team ...**Personal:** Celebrates a

March 21, 1980 birthday...lives with freshman sprinter Al Young... undecided on a major.

Christopher Williams

Freshman, Middle Distance
APO, Germany
(Mannheim High School)

Redshirted freshman who will add depth to the middle distances...experienced runner who will likely compete in the 200m and 400m... gained international track experience



during his time in Germany ...**1998:** Redshirted ...**Prep:** Placed third in the 400m and second in the 800m

in Europe in 1997...named the '97 Runner of the Year...member of 4x400m relay team finished second in Europe in '94...received academic-athletic award three consecutive years (1995-97)...honor roll member at Mannheim High School...also honored for outstanding participation for community service...

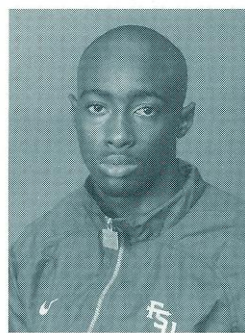
Personal: A member of the Model United Nations in 1996 and 1997 ...voted student government treasurer as a senior...also the yearbook editor and artist as a junior...born October 14, 1978...pursuing a degree in English...father played defensive back and tight end in the NFL for the Washington Redskins.

Al Young

Freshman, Sprints

Miami, FL (Boyd Anderson)

Talented freshman prospect who will be a key to FSU's future sprint success...a hard worker who will add depth to an already strong group of sprinters...will have a chance to



compete early...**Prep:** Two-sport star in high school... earned letters in both football and track...named to the first team all-

county football team as a wide receiver...selected as the Track Athlete of the Year on 1997 by the *Miami Herald* and the *Ft. Lauderdale Sun-Sentinel* Track Athlete of the Year in '98...**Personal:** Rooms with teammate Byron Taylor...born November 21, 1979...enrolled in FSU's undergraduate studies program.

MEN'S QUALIFYING MARKS

1999 Division I/INDOOR

| EVENT | Automatic | | Provisional | |
|--------------------------------------|-------------------|---------|-------------------|---------|
| | FAT | MT | FAT | MT |
| 55 Meters | 6.16 [@] | - | 6.2 [@] | - |
| 60 Meters | 6.62 [@] | - | 6.74 [@] | - |
| 55-Meter Hurdles | 7.23 [@] | - | 7.37 [@] | - |
| 60-Meter Hurdles | 7.74 [@] | - | 7.88 [@] | - |
| 200 Meters | | | | |
| (Under 200m/220 yds)* | 21.30 | - | 21.60 | - |
| (200m/220 yds)* | 21.15 | - | 21.45 | - |
| (Banked or Over 200m/220 yds)* | 20.90 | - | 21.20 | - |
| 400 Meters | | | | |
| (Under 200m/220 yds)* | 46.97 | 46.7 | 47.75 | 47.5 |
| (200m/220 yds)* | 46.72 | 46.4 | 47.50 | 47.2 |
| (Banked or Over 200m/220 yds)* | 46.32 | 46.0 | 47.10 | 46.8 |
| 800 Meters | | | | |
| (200m/220 yds or less)* | 1:48.25 | 1:48.0 | 1:50.40 | 1:50.1 |
| (Banked or Over 200m/220 yds)* | 1:47.65 | 1:47.4 | 1:49.80 | 1:49.5 |
| Mile# | | | | |
| (200m/220 yds or less)* | 4:01.80 | 4:01.5 | 4:05.50 | 4:05.2 |
| (Banked or Over 200m/220 yds)* | 4:01.00 | 4:00.7 | 4:04.70 | 4:04.4 |
| 3,000 Meters# | | | | |
| (200m/220 yds or less)* | 7:59.50 | 7:59.2 | 8:12.00 | 8:11.7 |
| (Banked or Over 200m/220 yds)* | 7:58.20 | 7:57.9 | 8:10.70 | 8:10.4 |
| 5,000 Meters# | | | | |
| (200m/220 yds or less)* | 14:00.00 | 13:59.7 | 14:20.00 | 14:19.7 |
| (Banked or Over 200m/220 yds)* | 13:58.15 | 13:57.9 | 14:18.15 | 14:17.9 |
| 1,600-Meter Relay | | | | |
| (Under 200m/220 yds)* | 3:10.00 | 3:09.7 | 3:13.50 | 3:13.2 |
| (200m/220 yds)* | 3:08.50 | 3:08.2 | 3:12.00 | 3:11.7 |
| (Banked or Over 200m/220 yds)* | 3:06.90 | 3:06.6 | 3:10.40 | 3:10.1 |
| Mile Relay | | | | |
| (Under 200m/220 yds)* | 3:11.20 | 3:10.9 | 3:14.70 | 3:14.4 |
| (200m/220 yds)* | 3:09.70 | 3:09.4 | 3:13.20 | 3:12.9 |
| (Banked or Over 200m/220 yds)* | 3:08.10 | 3:07.8 | 3:11.60 | 3:11.3 |
| Distance Medley Relay-Meters# | | | | |
| (200m/220 yds or less)* | 9:40.00 | 9:39.7 | 9:48.00 | 9:47.7 |
| (Banked or Over 200m/220 yds)* | 9:37.75 | 9:37.5 | 9:45.75 | 9:45.5 |
| Distance Medley Relay-Yards# | | | | |
| (200m/220 yds or less)* | 9:43.50 | 9:43.2 | 9:51.50 | 9:51.2 |
| (Banked or Over 200m/220 yds)* | 9:41.25 | 9:41.0 | 9:49.25 | 9:49.0 |

@: Qualifying times attained at altitude of 6,000 feet and above, add .07 seconds. Times attained at altitude of 3,000-5,999 feet, add .04 seconds.

| Event | Metric | Metric |
|-----------------|--------|--------|
| High Jump | 2.25 | 2.16 |
| Pole Vault | 5.50 | 5.25 |
| Long Jump | 7.85 | 7.55 |
| Triple Jump | 16.20 | 15.60 |
| Shot Put | 19.00 | 18.00 |
| 35-Pound Weight | 20.85 | 19.30 |

*: Size of track.

#: Altitude adjustment available.

1999 Division I/OUTDOOR

| Event | Automatic | | Provisional | | Alt. Adj. |
|--------------------------|---------------|---------------|-------------|---------|--------------|
| | FAT | MT | FAT | MT | |
| | | | | | 3k-5,999/6k+ |
| 100 Meters | 11.25 | - | 11.55 | - | +0.6/+1.0 |
| 200 Meters | 23.00 | - | 23.55 | - | +1.1/+2.0 |
| 400 Meters | 52.20 | 51.9 | 53.70 | 53.4 | +2.0/+3.5 |
| 800 Meters | 2:05.00 | 2:04.7 | 2:07.50 | 2:07.2 | |
| 1,500 Meters# | 4:18.00 | 4:17.7 | 4:24.30 | 4:24.0 | |
| Mile# | 4:38.64 | 4:38.4 | 4:45.44 | 4:45.2 | |
| 3,000 Meters# | 9:19.00 | 9:18.7 | 9:39.00 | 9:38.7 | |
| 5,000 Meters# | 16:16.00 | 16:15.7 | 16:50.00 | 16:49.7 | |
| 10,000 Meters# | 34:30.00 | 34:29.7 | 35:40.00 | 35:39.7 | |
| 100-Meter Hurdles | 13.10 | - | 13.65 | - | +0.6/+1.0 |
| 400-Meter Hurdles | 57.50 | 57.2 | 59.40 | 59.1 | +2.0/+3.5 |
| 400-Meter Relay | 44.00 | 43.7 | 45.10 | 44.8 | +2.4/+4.0 |
| 440-Yard Relay | 44.20 | 43.9 | 45.30 | 45.0 | +2.4/+4.0 |
| 1,600-Meter Relay | 3:32.50 | 3:32.2 | 3:39.00 | 3:38.7 | +8.0/+1.4 |
| Mile Relay | 3:33.70 | 3:33.4 | 3:40.20 | 3:39.9 | +8.0/+1.4 |
| Event | Metric | Metric | | | |
| High Jump | 1.87 | 1.79 | | | |
| Pole Vault | 4.00 | 3.55 | | | |
| Long Jump | 6.50 | 6.15 | | | |
| Triple Jump | 13.30 | 12.60 | | | |
| Shot Put | 16.05 | 15.00 | | | |
| Discus | 56.00 | 50.50 | | | |
| Javelin | 52.50 | 47.00 | | | |
| Hammer | 59.00 | 55.00 | | | |
| Heptathlon | 5,550 points | 5,075 points | | | |

#: Altitude adjustment available.

MEN'S RECORDS

100 Meter Dash

| | | | |
|------------------------|-------|------|----------------------------|
| FSU Outdoor Record | 10.07 | 1979 | Mike Roberson |
| Mike Long Track Record | 10.11 | 1988 | Andre Cason, Texas A&M |
| ACC Outdoor Record | 10.03 | 1993 | James Trapp, Clemson |
| Collegiate Record | 9.91 | 1992 | Davidson Ezinwa, Azusa/NGA |

200 Meter Dash

| | | | |
|------------------------|-------|------|-------------------------|
| FSU Outdoor Record | 20.08 | 1980 | Mike Robinson |
| Mike Long Track Record | 20.47 | 1979 | James Mallard, Alabama |
| ACC Outdoor Record | 20.12 | 1998 | Shawn Crawford, Clemson |
| Collegiate Record | 19.75 | 1988 | Joe DeLoach, Houston |

400 Meter Dash

| | | | |
|------------------------|-------|------|-----------------------------|
| FSU Outdoor Record | 44.99 | 1981 | Walter McCoy |
| Mike Long Track Record | 45.34 | 1984 | James Rolle, Bud Light TC |
| ACC Outdoor Record | 44.59 | 1994 | Derek Mills, Georgia Tech |
| Collegiate Record | 43.50 | 1992 | Quincy Watts, Southern Cal. |

800 Meter Run

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

1,500 Meter Run

| | | | |
|------------------------|---------|------|----------------------------------|
| FSU Outdoor Record | 3:43.02 | 1986 | Ocky Clark |
| Mike Long Track Record | 3:43.02 | 1986 | Ocky Clark, Bud Light TC |
| ACC Outdoor Record | 3:37.27 | 1998 | David Kruppenacker, Georgia Tech |
| Collegiate Record | 3:31.71 | 1987 | Abdi Bile, George Mason |

3,000 Meter Steeplechase

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

5,000 Meter Run

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

10,000 Meter Run

| | | | |
|------------------------|----------|------|----------------------------|
| FSU Outdoor Record | 28:55.34 | 1971 | Ken Misner |
| Mike Long Track Record | 29:06.0 | 1983 | Jim Saplenza, Dartmouth |
| ACC Outdoor Record | 28:46.54 | 1998 | Pat Joyce, N.C. State |
| Collegiate Record | 27:22.47 | 1978 | Henry Rono, Washington St. |

110 Meter High Hurdles

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

400 Meter Intermediate Hurdles

| | | | |
|------------------------|-------|------|-----------------------------|
| FSU Outdoor Record | 49.15 | 1995 | John Rothell |
| Mike Long Track Record | 49.15 | 1995 | John Rothell, Florida State |
| ACC Outdoor Record | 48.14 | 1998 | Angelo Taylor, Georgia Tech |
| Collegiate Record | 47.10 | 1991 | Samuel Matate, Auburn |

4 X 100 Meter Relay

| | | | |
|------------------------|-------|------|--|
| FSU Outdoor Record | 39.24 | 1977 | Roberson, Walker, Merrick, Forbes |
| Mike Long Track Record | 39.15 | 1984 | Butler, Krulee, Smith, Lattany, Bud Light TC |
| ACC Outdoor Record | 38.97 | 1998 | Clemson |
| Collegiate Record | 38.23 | 1989 | TCU |

4 X 400 Meter Relay

| | | | |
|------------------------|---------|------|---|
| FSU Outdoor Record | 3:03.78 | 1986 | Williams, McKenzie, Waddell, Johnson |
| Mike Long Track Record | 3:03.34 | 1985 | Krehnbrink, Hind, Bernard, Armour, Georgia Tech |
| ACC Outdoor Record | 2:59.95 | 1992 | Georgia Tech |
| Collegiate Record | 2:59.91 | 1988 | UCLA |

Hammer

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

Shot Put

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

Discus

| | | | |
|------------------------|-------|------|-------------------------|
| FSU Outdoor Record | 212-6 | 1979 | Brad Cooper |
| Mike Long Track Record | 211-4 | 1986 | Brad Cooper, Bahamas TC |
| ACC Outdoor Record | 212-9 | 1996 | Andy Bloom, Wake Forest |
| Collegiate Record | 232-4 | 1992 | Kamy Keshmiri, Nevada |

Javelin

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

High Jump

| | | | |
|------------------------|------|------|-------------------------------|
| FSU Outdoor Record | 7-6 | 1993 | Kevin Crist |
| Mike Long Track Record | 7-6 | 1997 | Cameron Wright, Unattached |
| ACC Outdoor Record | 7-6 | 1986 | Victor Smalls, Clemson |
| Collegiate Record | 7-10 | 1989 | Eric Bishop, UNC |
| | | | Hollis Conway, S.E. 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 3/4 | 1996 | Eric Bowers, Georgia Tech |
| Collegiate Record | 28-8 1/4 | 1995 | Erick Walder, Arkansas |

Triple Jump

| | | | |
|------------------------|----------|------|-----------------------------------|
| FSU Outdoor Record | 54-6 | 1992 | Kelsey Nash |
| Mike Long Track Record | 54-0 3/4 | 1984 | Charlie Simpkins, Liberty Baptist |
| ACC Outdoor Record | 55-3 | 1979 | Dennis Ivory, Maryland |
| Collegiate Record | 58-9 1/2 | 1995 | James Beckford, Blinn |

Decathlon

| | | | |
|------------------------|------|------|---------------------------|
| FSU Outdoor Record | 7612 | 1981 | Rohn Stark |
| Mike Long Track Record | 7873 | 1997 | Louis Hinshaw, Unattached |
| ACC Outdoor Record | 7920 | 1992 | Stephen Dunphy, Virginia |
| Collegiate Record | 8322 | 1986 | Mike Ramos, Washington |

Pole Vault

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



1999

Florida
State
University

MEN'S ALL-TIME TOP PERFORMANCES

100 Meters

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

200 Meters

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

400 Meters

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

800 Meters

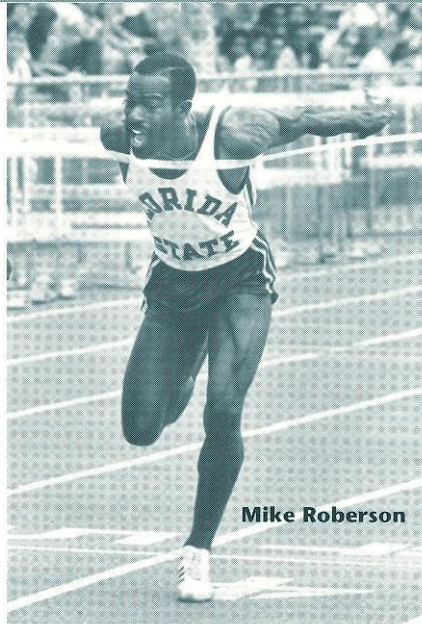
| | | |
|---------------------|---------|------|
| 1. Ocky Clark | 1:46.19 | 1986 |
| 2. Phillip Rolle | 1:46.58 | 1981 |
| 3. Palmer Simmons | 1:47.30 | 1980 |
| 4. Rob Circelli | 1:47.42 | 1991 |
| 5. Mark Grey | 1:47.89 | 1994 |
| 6. Tim Middelkoop | 1:48.06 | 1994 |
| 7. George Gardner | 1:48.37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

1,500 Meters

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

Mile

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



Mike Roberson

5,000 Meters

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

10,000 Meters

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

3,000 Steeplechase

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

110 Meter Hurdles

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

400 Meter Hurdles

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

Long Jump

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

(w) denotes wind-aided time

Triple Jump

| | | | |
|-----------------------|-----------|-------|------|
| 1. Kelsey Nash | 54'6" | 16.61 | 1992 |
| 2. Leon Hutchins | 54'2 1/4" | 16.51 | 1982 |
| 3. Andy Latimar | 52'7 1/2" | 16.04 | 1985 |
| 4. Henry Finney | 51'10" | 15.80 | 1976 |
| 5. Charlie Harris | 51'8 1/4" | 15.75 | 1974 |
| 6. Eric Robinson | 51'5 1/2" | 15.68 | 1987 |
| 7. Anthony Washington | 51' 3/4" | 15.56 | 1994 |
| 8. Art Nelson | 50'1" | 15.27 | 1992 |
| 9. Charles Galloway | 49'11" | 15.21 | 1970 |
| Billy Close | 49'11" | 15.21 | 1987 |

High Jump

| | | | |
|-----------------------|----------|------|------|
| 1. Kevin Crist | 7'5 3/4" | 2.28 | 1993 |
| 2. Kenny Smith | 7'4 1/4" | 2.24 | 1984 |
| 3. Darrel Wills | 7'3 1/2" | 2.22 | 1986 |
| 4. Tom Stitt | 7'2 1/2" | 2.20 | 1987 |
| 5. Larry Sayer | 7'2" | 2.19 | 1980 |
| 6. Anthony Washington | 7'1 3/4" | 2.18 | 1994 |
| 7. Jeff Nedimyer | 7'1" | 2.16 | 1976 |
| 8. David Etheridge | 7' | 2.13 | 1985 |
| Ashley Peebles | 7' | 2.13 | 1985 |
| Gary Snells | 7' | 2.13 | 1987 |

Shot Put

| | | | |
|-------------------|-----------|-------|------|
| 1. Mike Bell | 60'8" | 18.49 | 1987 |
| 2. Ken Lanier | 60'2" | 18.34 | 1979 |
| 3. Allen Williams | 59'10" | 18.23 | 1963 |
| 4. Scott Peterson | 59'5" | 18.21 | 1992 |
| 5. Greg Jack | 56'10.75" | 17.34 | 1997 |
| 6. Ryan Carson | 56'4 3/4" | 17.19 | 1994 |
| 7. Ray Nuredini | 56'4" | 17.17 | 1980 |
| 8. Marc Anderson | 55'9" | 16.99 | 1995 |
| 9. Jeff Clark | 55'3 1/4" | 16.84 | 1962 |
| 10. Eric Chambers | 55'1" | 16.79 | 1991 |

Discus

| | | | |
|-------------------|--------|-------|------|
| 1. Bradley Cooper | 212'6" | 64.78 | 1979 |
| 2. Eric Chambers | 179'8" | 54.76 | 1992 |
| 3. Harry Glenn | 178'9" | 54.48 | 1980 |
| 4. Jody Lawrence | 178'7" | 54.47 | 1998 |
| 5. Earl Johnson | 171'7" | 52.30 | 1986 |
| Donald Heaven | 171'7" | 52.30 | 1998 |
| 7. Ken Lanier | 171' | 52.12 | 1980 |
| 8. Ray Nuredini | 168'9" | 51.44 | 1977 |
| 9. George Frank | 168'5" | 51.34 | 1969 |
| 10. Ryan Carson | 167'2" | 50.96 | 1994 |

Javelin (New)

| | | | |
|--------------------|---------|-------|------|
| 1. Lou Angelo | 233'10" | 71.28 | 1994 |
| 2. Justin Johnston | 232'10" | 70.97 | 1997 |
| 3. Tom Feters | 230'5" | 70.24 | 1989 |
| 4. Gabe Arola | 210'10" | 64.26 | 1997 |
| 5. Greg Jack | 210'8" | 64.22 | 1996 |

Javelin (old)

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

Hammer

| | | | |
|-------------------------|---------|-------|------|
| 1. Horatio Garcia | 215'10" | 65.80 | 1987 |
| 2. Andy Shirk | 180'10" | 55.08 | 1993 |
| 3. Jody Lawrence | 175'8" | 53.58 | 1998 |
| 4. William Shirk | 172' | 52.44 | 1996 |
| 5. Brad Hess | 170'3" | 51.91 | 1998 |
| 6. Eric Chambers | 165'10" | 50.56 | 1991 |
| 7. Mike Brinkman | 165' | 50.30 | 1984 |
| 8. Anthony Sasso | 162'10" | 49.64 | 1996 |
| 9. George Karakatsansis | 162'6" | 49.54 | 1988 |
| 10. Mark Sleeman | 149'7" | 45.60 | 1985 |

Decathlon

| | | |
|---------------------|------|------|
| 1. Rohn Stark | 7612 | 1981 |
| 2. Tom Reither | 7193 | 1985 |
| 3. Darius Jones | 7178 | 1998 |
| 4. Dore Louis | 6848 | 1998 |
| 5. Charlie Galloway | 6829 | 1971 |
| 6. Darius Jones | 6810 | 1998 |
| 7. Mark Nugen | 6800 | 1980 |
| 8. Lenx Jackson | 6792 | 1984 |
| 9. Chris Keen | 6526 | 1993 |
| 10. Mark Napier | 6491 | 1988 |

Pole Vault

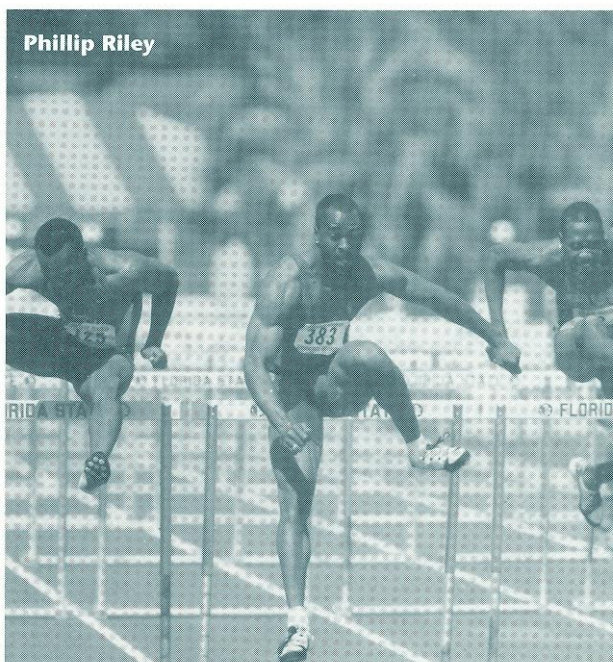
| | | | |
|---------------------|-----------|------|------|
| 1. Jeff Bray | 18'6 1/2" | 5.65 | 1992 |
| 2. Larry Carr | 18'1" | 5.51 | 1989 |
| 3. Tom Reither | 17'6" | 5.34 | 1988 |
| 4. Phares Rolle | 17'1" | 5.21 | 1976 |
| 5. Dusty Harmon | 17' | 5.18 | 1983 |
| Brain Fitzsimmons | 17' | 5.18 | 1986 |
| 7. Jason Dean | 16'6.75" | 5.05 | 1998 |
| 8. Allen McMillian | 16'6" | 5.03 | 1972 |
| Joel Smith | 16'6" | 5.03 | 1985 |
| 10. Darrell Meadows | 16'3" | 4.95 | 1992 |

4X100 Meter Relay

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

4x400 Meter Relay

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



MEN'S ALL-AMERICANS

Cross Country

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

Indoor

- 1980 Mel Broodie, Walter McCoy, Reggie Ross, Palmer Simmons-Mile Relay (1st)
- 1982 Philip Rolle-800 yards
- 1984 Reggie Ross-4x400
- 1987 Arthur Blake-55m Hurdles
- 1988 Arthur Blake-55m Hurdles
- 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-120 yd. Hurdles
- 1969 Doug Brown-100 yards; Mike Kelly-440 yd. IM Hurdles; Phil Parker-Triple Jump
- 1971 Ken Misner-3 and 6 Miles
- 1972 Joel Garren-200m
- 1973 Danny Smith-60 yd. Hurdles
- 1974 Tyrone Frederick-880 yards; Danny Smith-60 yd. Hurdles (1st), 120-yd. Hurdles
- 1975 Rudy Falana-Long Jump; Jesse Forbes-100 yards; Charlie Harris-Triple Jump; Tyrone Frederick-880 yards; Danny Smith-60 yd. Hurdles (1st)
- 1976 Don Merrick-60 yards; Mike Roberson-200m; Phares Rolle-Pole Vault
- 1977 Mike Roberson-60 yd. Hurdles
- 1978 Bradley Cooper-Discus; Rudy Forbes-100m; Walter McCoy-600 yards (1st), 400m; Rudy Forbes, Kevin Johnson, Walter McCoy, Mike Roberson-4x100; Walter McCoy, Ron Nelson, Mike Roberson, John Walker-Mile Relay
- 1979 Bradley Cooper-Discus (1st); Walter McCoy-400m; Earl Carruthers, Walter McCoy, Palmer Simmons, Ron Nelson-4X400

- 1981 Walter McCoy-400m; Philip Rolle-800m; Rohn Stark-Decathlon; Herb Wills-10,000m; Don Frost, Walter McCoy, Ronnie Taylor, Chip Wells-4x100, Lynn Brown, Walter McCoy, Ron Nelson, Philip Rolle-4x400
- 1982 Ronnie Taylor-200m; Herb Wills-10,000m
- 1984 Leander McKenzie-400m IM Hurdles; Kenny Smith-High Jump; Charlie Carr, Leander McKenzie, Vince Washington, Reggie Ross-4x400
- 1985 Leander McKenzie-400m IM Hurdles; Kevin Gordon, Thomas Johnson, Leander McKenzie, Vince Washington-4x400
- 1986 Ocky Clark-800m; Leander McKenzie-400m IM Hurdles; Thomas Johnson, Leander McKenzie, Clark Waddell, Carter Williams-4x400
- 1987 Horatio Garcia-Hammer
- 1988 Arthur Blake-110m Hurdles
- 1989 Larry Carr-Pole Vault
- 1992 Kevin Crist-High Jump; Jeff Bray-Pole Vault
- 1993 Kevin Crist-High Jump; Marcus Dixon-110m Hurdles; Jonathan Carter, Kevin Ansley, Kelsey Nash, Dixon-4x100
- 1994 Kevin Ansley-400m; John Rothell-400m IM Hurdles; Jonathan Carter, Marcus Dixon, Kelsey Nash, Kevin Ansley-4x100, Lou Angelo-Javelin
- 1995 Jonathan Carter-100m; Justin Johnston-Javelin
- 1996 Jonathan Carter-100m, 200m; Phillip Riley-110m Hurdles; Justin Johnston-Javelin; Byron Capers, Jonathan Carter, Warrick Dunn, Phillip Riley-4x100
- 1997 Justin Johnston-Javelin

National Championship Relays

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

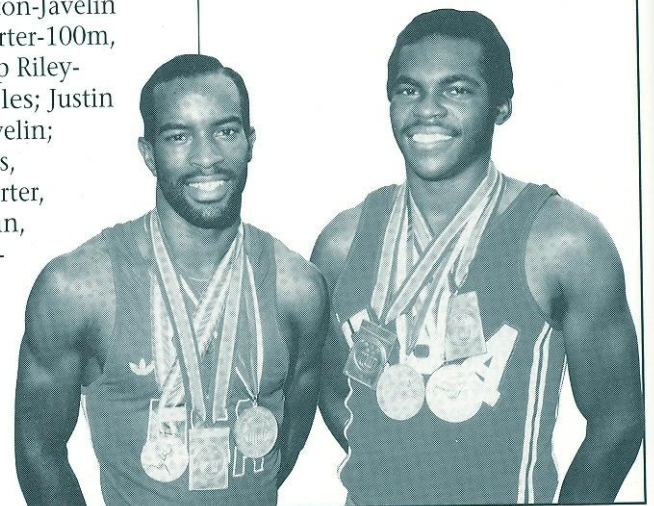
Individual NCAA Champions

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

Seminoles in the Olympics

- 1992 Barcelona, Arthur Blake (United States), 110 Hurdles
- Tom Reither (Chile), Pole Vault
- 1988 Seoul, Arthur Blake (United States), 110 Hurdles (8th place) Bradley Cooper (Bahamas), Discus
- 1984 Los Angeles, Bradley Cooper (Bahamas), Discus
- Walter McCoy (United States) 4x400 (Gold)
- 1976 Montreal, Danny Smith (Bahamas), 110 Hurdles

Mike Roberson and Walter McCoy



MEN'S AND WOMEN'S INDOOR RECORDS

Lady Seminoles

| | | | |
|--------------|---|---------|------|
| 55m Dash | Michelle Finn | 6.72 | 1986 |
| 55m Hurdles | Kim Batten | 7.67 | 1991 |
| 200m Dash | Sheryl Covington | 23.86 | 1993 |
| 400m Dash | Janet Davis | 54.21 | 1984 |
| 800m Run | Angela Harris | 2:07.24 | 1991 |
| Mile Run | Margaret Coomber | 4:45.79 | 1984 |
| 3,000m Run | Gale Grant | 9:55.90 | 1981 |
| 4X400m Relay | Sophia Danvers, Maria Embon, Erica Shepard, Yashiva Edwards | 3:33.59 | 1996 |
| Long Jump | Sonya Blades | 21'8.5" | 1990 |
| Triple Jump | Esmeralda Garcia | 44'4" | 1985 |
| High Jump | Holly Kelly | 6'1/4" | 1989 |
| Shot Put | Shannon Cook | 49'3" | 1997 |
| 20lb. Weight | Lakeisha Mose | 62'5" | 1998 |

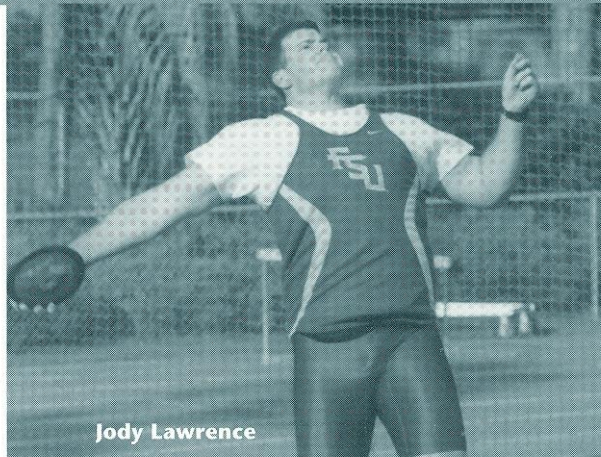
ACC Women's Indoor

| | | | |
|--------------|--|----------|------|
| 55m Dash | Stacey Minott, Maryland | 6.80 | 1998 |
| 55m Hurdles | Andria King, Georgia Tech | 7.47 | 1998 |
| 200m Dash | LaTasha Colander, North Carolina | 23.50 | 1998 |
| 400m Dash | Monique Hennagan, North Carolina | 52.88 | 1998 |
| 800m Run | Rebecca Russell, North Carolina | 2:06.62 | 1992 |
| Mile Run | Rosalind Taylor, Maryland | 4:42.92 | 1989 |
| 3,000m Run | Katrina Price, N.C. State | 9:25.35 | 1991 |
| 5,000m Run | Laurie Gomez, N.C. State | 15:55.26 | 1991 |
| 4X400m Relay | Florida State (Danvers, Embon, Shepard, Edwards) | 3:33.59 | 1996 |

| | | | |
|--------------|---------------------------------|-----------------|------|
| Distance | | | |
| Medley Relay | Duke | 11:44.64 | 1998 |
| High Jump | Natasha Alleyne, Georgia Tech | 1.89m/6'2.25" | 1992 |
| Long Jump | Trinette Johnson, Florida State | 6.45m/21'2" | 1993 |
| Triple Jump | Nicole Gamble, North Carolina | 13.59m/44'6" | 1998 |
| Shot Put | Kelly Bodiford, Virginia | 15.65m/51'4.25" | 1991 |
| 20lb. Weight | Lakeisha Mose, Florida State | 19.05m/62'5" | 1998 |

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 |



Jody Lawrence

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

| | | | |
|--------------|---------------|------------|------|
| 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 | Jody Lawrence | 61'6.25" | 1998 |

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 | Milton Campbell, North Carolina | 20.56 | 1998 |
| 400m Dash | Reggie Harris, North Carolina | 45.94 | 1992 |
| 800m Run | David Krummenacker, Georgia Tech | 1:47.40 | 1998 |
| Mile Run | Tony Waldrop, North Carolina | 3:56.4 | 1974 |
| 3,000m Run | Chan Pons, North Carolina State | 8:02.43 | 1998 |
| 5,000m Run | Pat Joyce, North Carolina State | 14:01.26 | 1998 |
| 4x400m Relay | Georgia Tech (T. Motiejunas, J. Motiejunas, Johnson, Taylor) | 3:06.00 | 1998 |

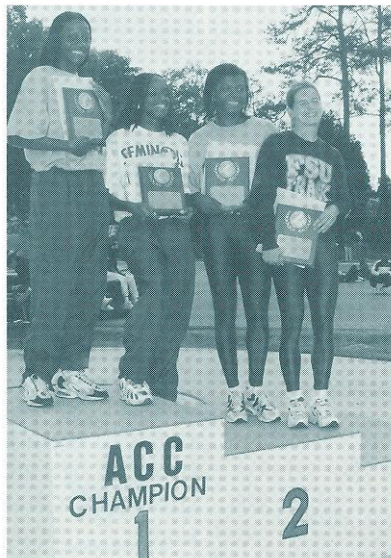
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|--------------|-------------------------------|-----------|------|
| Distance | | | |
| Medley Relay | N.C. State | 9:42.02 | 1998 |
| High Jump | Eric Bishop, North Carolina | 7'4 1/2" | 1998 |
| Long Jump | Allen Johnson, North Carolina | 26'8 1/2" | 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 | John Patterson, NC State | 64'5 1/4" | 1997 |

NCAA Men's Indoor

| | | | |
|--------------|---------------------------------|------------|------|
| 55m Dash | Lee McRae, Pittsburgh | 6.00 | 1986 |
| 55m Hurdles | Renaldo Nehemiah, Maryland | 6.89 | 1979 |
| 200m Dash | 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 |
| 4X400m Relay | Baylor | 3:04.89 | 1992 |



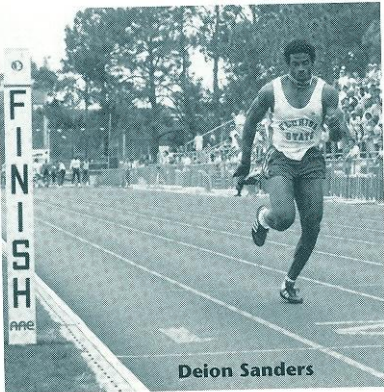
**Pictured are (l-r):
Erica Shepard,
Myriam Charles,
Sophia Danvers,
and Casey Custer.**



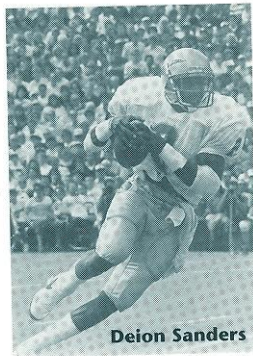
TWO-SPORT TRACK ATHLETES AT FSU

Deion Sanders

Deion Sanders, one of the greatest all-around athletes in



Deion Sanders



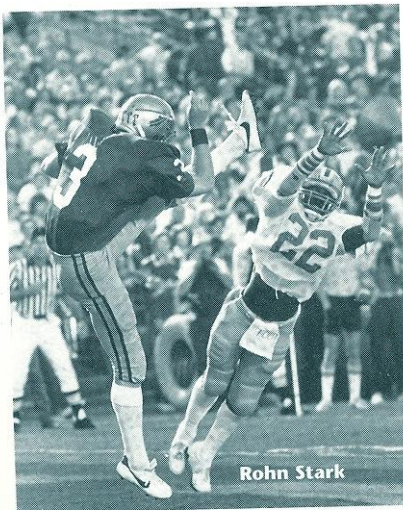
Deion Sanders

Florida State history, competed on the collegiate level in track, baseball and football.

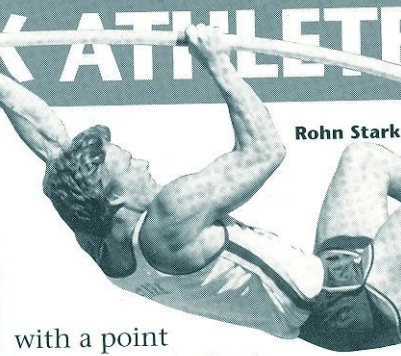
The All-America cornerback competed in the sprint events as well as the relays. "Prime Time" still holds times that rank among the top ten in school history in both the 100 and 200-meter dashes.

Rohn Stark

Rohn Stark is the Florida State record holder in the decathlon



Rohn Stark

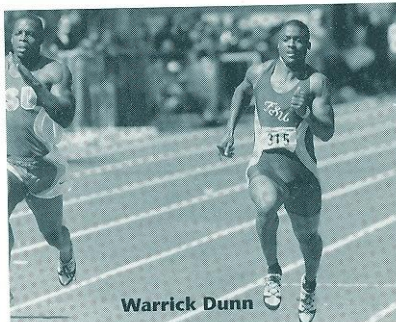


Rohn Stark

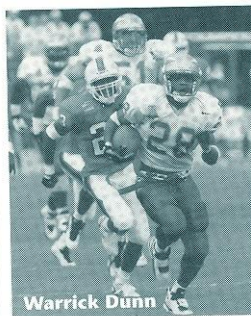
with a point total of 7,612. Stark, who earned All-American status in track and football, holds the FSU record for highest career and season punting average. Spending the majority of his career with the Colts, the former decathlete has enjoyed a long and successful NFL career as a Pro-Bowl punter.

Warrick Dunn

Warrick Dunn is the leading rusher in school history with a



Warrick Dunn



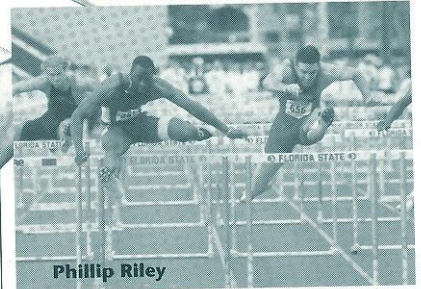
Warrick Dunn

career total of 3,959 yards (1993-96). He is the only Seminole ever to post three consecu-

tive 1,000-yard rushing seasons. The two-sport All-American was a first round draft pick of the Tampa Bay Buccaneers in 1997 and was named the NFL's Offensive Rookie of the Year and to the Pro Bowl in his first season.

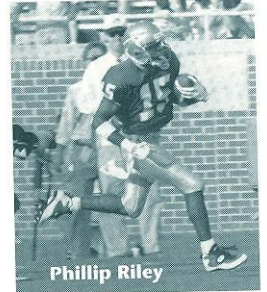
Phillip Riley

Phillip Riley won the 1995 NCAA Championship in the



Phillip Riley

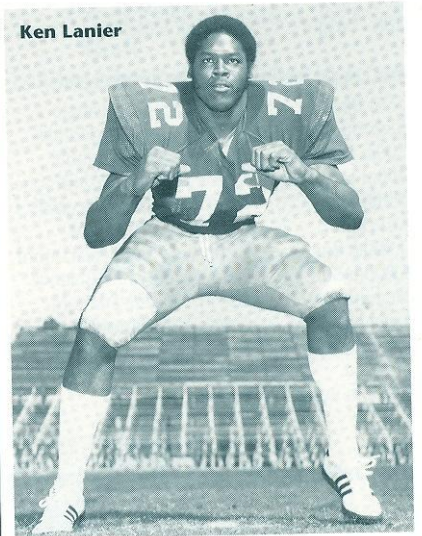
55-meter hurdles. Riley, a wide receiver for Coach Bobby Bowden, was drafted by the



Phillip Riley

Philadelphia Eagles following his FSU career. He was an Olympic trials qualifier in 1996 in the 110-meter hurdles.

Ken Lanier



Ken Lanier

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