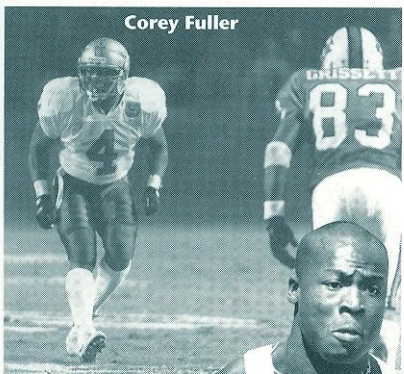


Terrell Buckley

### Terrell Buckley

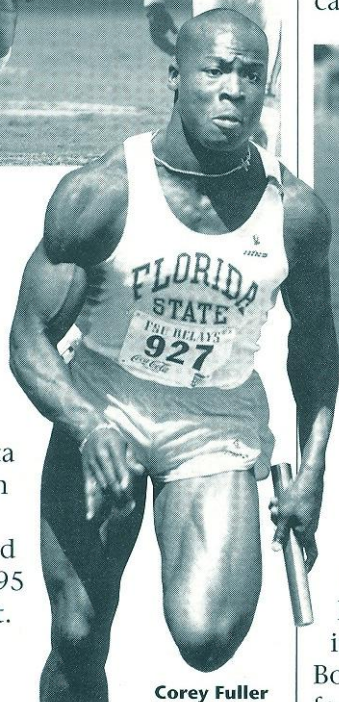
Terrell Buckley won the 1991 Jim Thorpe Award as the nation's top defensive back after setting the Seminole single season interception mark with 12. A key member of the FSU track team in the sprints and relays, Buckley was a first round draft pick of the Green Bay Packers and currently plays for the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



Corey Fuller

### Corey Fuller

Corey Fuller was drafted by the Minnesota Vikings in the second round of the 1995 NFL Draft. Fuller played



Corey Fuller

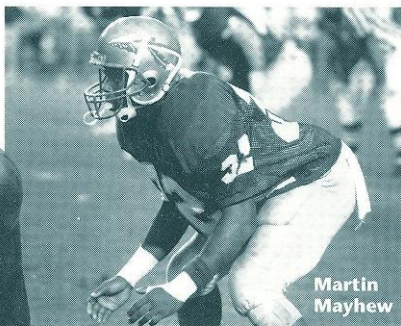
"We encourage the participation between both the track and field squad and the football team. Coach Terry Long and the Florida State track and field staff have worked with our athletes' strength and speed and have really helped them to rally improve themselves. We are really proud and thankful for the outstanding track program here at Florida State."

— Bobby Bowden,  
Head Football Coach

cornerback on the 1993 National Championship team and was a member of the 1994 ACC Indoor Championship track team.

### Martin Mayhew

Martin Mayhew was a standout performer on the 1986 and 1987 sprint relay teams. An honorable mention All-American at defensive back, Mayhew



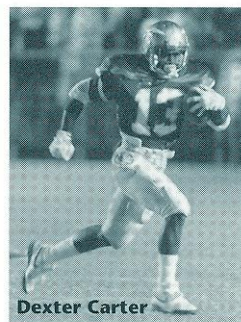
Martin Mayhew

teamed with Deion Sanders to give FSU to of the most talented cornerbacks in the nation.

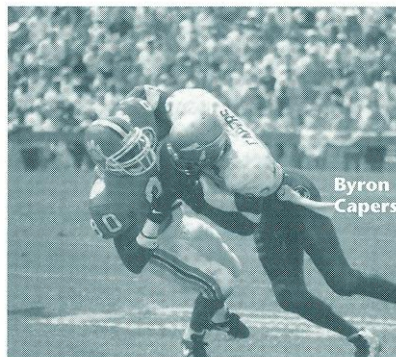
### Dexter Carter

Dexter Carter was the starting tailback for the Fiesta Bowl Champion Seminole football team in 1989. Carter

was a member of the 1988 4x100-meter relay team that recorded the second fastest time in Florida State history at 39.40. Carter was drafted by the San Francisco 49ers in the first round of the 1990 NFL Draft.



Dexter Carter



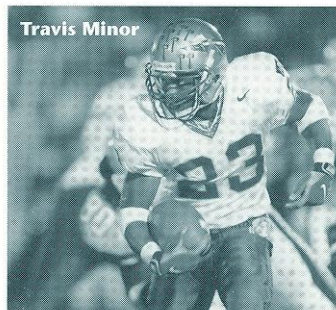
Byron Capers

### Byron Capers

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

### Travis Minor

Travis Minor, the starting tailback for the FSU football team, saw his first year of action as a sprinter on the FSU track team as a freshman in 1998. The leading rusher for the Seminoles over the last two seasons, Minor was named the ACC Rookie of the Year in 1997 and first-team All-ACC in 1998.



Travis Minor



# WOMEN'S PREVIEW

## Sprints

1999 should be an outstanding year for the Lady Seminole sprint team.

Juniors Tonya Carter and Zuzette Mullings anchor are the leaders of a young, but extremely talented group. Both were NCAA provisional qualifiers in the 100m and Carter was a qualifier for USA Indoors in the 60m and USA Outdoors in the 100m last year while Mullings was an All-American two years ago on the 4x100m relay team.

Sophomore Teresa Bundy gives FSU three sprinters that might be as good as anyone in the country before all is said and done. Bundy, a high school All-American, scored in conference action in the 55m and 100m as a true freshman. Nakeya Crutchfield and Shauna Quinn find themselves in a similar situation as Bundy a year ago, first-year athletes who are eager to prove themselves on the collegiate level after standout high school careers.

Along with the above mentioned five, there is a great deal of versatility with the middle distance group and most of those runners can drop down and compete in the sprints.

## Hurdles

Sophomore Ayana Townsend will be involved in all three hurdle events. Townsend proved herself last season with a runner-up finish in the conference 400m hurdles. Ronholt, who has represented Denmark in the 400m hurdles, was the ACC runner-up in 1997 and has been an NCAA qualifier.

Norwood is next among returnees in the 400m hurdles with a top time of 1:02.03 as a freshman. Johnson is the wild card here as well as she can contribute in numerous events. Junior Danielle Riley, along with freshman Myesha Miller, add depth to the hurdles.

## Middle Distance

An already impressive group got even better when junior Samantha George transferred to Florida State

from Northern Arizona. George placed tenth at the NCAA Indoors and 13th at the NCAA Outdoors in the 400m a year ago. Additionally, she brings times of 23.66 in the 200m and 2:11.0 in the 800m.

Senior All-American Rikke Ronholt set the ACC and FSU indoor 800m record last season at 2:05.84. She is set to defend her ACC title in that event and is also strong in the 400m (54.53). Tangela Wobbleton is

## Distance

The FSU women will attempt to hold their own here while some of the stronger areas pick up the slack. There is potential here with several sophomore runners that seem to be on the verge of turning the corner.

Cynthia Campbell is one of those sophomores. She has been the No. 1 runner for the cross country team over the past two seasons and will have to step up and compete on



poised for a great year after contributing as true freshman on the second place 4x100m and 4x400m relay teams. Her best event is the 400m, but she could see time in the shorter sprints. Chinette Johnson, a multi-event performer, and Fiona Norwood, primarily a 400m hurdler, turned in two of the top three 400m times during the 1998 outdoor season as Ronholt redshirted. Sophomore Jennifer Mayhue will focus on the 400m and was a member of third place 4x400m relay team at the USA Indoors. Two more to add to the 800m equation are redshirt freshman Dana Glover and true freshman Laura Gerber, both of whom could push for conference points.

the ACC level on the track. Junior Diana Hartnup has shown improvement and is the most experienced distance runner on the roster.

Natalie Reid, Mary Gaskins and Kingsley Broughton come from the sophomore class that hopes to put it all together in 1999. Consistency will be one of the keys for the women's distance team.

## Horizontal Jumps

Mullings is as good in the long and triple jumps as she is in the sprints. The defending ACC Outdoor long jump champion provisionally qualified in both last year and advanced to the NCAA Indoors in the long jump, finishing 17th overall. Johnson again shows her versatility as she was the number two horizontal jumper behind Mullings last year. Shelby Cannon,

who can also help in the sprints, has the potential to play a key role in her junior season. Senior Terita Norton is an experienced jumper and freshman Taressa Davis had a 40-0 triple jump at the 1997 AAU Nationals.

## Vertical Jumps

The pole vault is in its second year of existence in women's track and field and FSU has not wasted any time in putting together a competitive group. Junior Lindsay Adkins had an outdoor vault of 10-0 and was a conference scorer (eighth) while senior Christa King posted the fourth best indoor vault in the ACC at 8-6.25. FSU's first signee specifically brought in for the pole vault is freshman Ashley Moye, a high school district champion. In the high jump, the junior twin sister combination of Michael Steele and Shannon Steele lead the way. Johnson, like in every other event, will compete in both events and Ronholt will see spot duty in the high jump.

## Throws

NCAA qualifier Lakeisha Mose is the best of this group. Mose set the FSU and ACC weight throw record last year and finished 16th at the NCAA Indoors in the event. The ACC champion in the weight and hammer, she also scored the shot put. Freshman Makiba Batten is expected to contribute early as a true freshman. Vanessa Fuchs is a returning ACC scorer in the discus and will be a valuable addition to the squad when she comes over from the women's basketball team. Sophomores Kerry Miano and Sara White round out the group. In the javelin, Shannon Steele is the only returnee with any respectable marks in the event.

## Heptathlon

Obviously, after mentioning Johnson in almost all of the above events, it's easy to understand why she is such an excellent heptathlete. The sophomore from Tallahassee won the ACC title in the event a year ago and did so with an NCAA provisional point total of 5,176, which ranked her second going into the Junior Nationals. This year she has her site set on bigger goals.

# WOMEN'S ROSTER

Name	Event	CL	Hometown
Lindsay Adkins	PV	JR	Pensacola, FL
Makiba Batten	T	FR	Detroit, MI
Kingsley Broughton	D	SO	Ponte Vedra Bch., FL
Teresa Bundy	S	SO	Cleveland, OH
Cynthia Campbell	D	SO	St. Catharine's, Ontario
Shelby Cannon	S/J	JR	Centreville, VA
Tonya Carter	S	JR	Douglasville, GA
Nakeya Crutchfield	S	FR	Coatesville, PA
Taressa Davis	J	FR	Durham, NC
Vanessa Fuchs	T	SO	Pompano Beach, FL
Mary Gaskins	D	SO	Jacksonville, FL
Samantha George	S	JR	Brampton, Ontario
Laura Gerber	MD	FR	Geneva, Switzerland
Dana Glover	MD	FR	Miami, FL
Diana Hartnup	D	JR	Sarasota, FL
Amanda Hynes	D	JR	Tallahassee, FL
Chinette Johnson	ME	SO	Tallahassee, FL
Christa King	PV	SR	Naples, FL
Jennifer Lands	D	FR	Boca Raton, FL
Erica Lazarus	D	FR	West Palm Bch., FL
Jennifer Mayhue	S	SO	Toronto, Canada
Kerry Miano	T	SO	Sound Beach, NY
Myesha Miller	H	FR	Jacksonville, FL
Lakeisha Mose	T	SR	Richmond, VA
Ashley Moye	PV	FR	Wauchulla, FL
Zuzette Mullings	S/J	JR	Ellicott City, MD
Terita Norton	J	SR	Thonotosassa, FL
Fiona Norwood	H	SO	Kilkenny, Ireland
Shauna Quinn	S	FR	Uniondale, NY
Shannon Pearce	D	SO	Estero, FL
Natalie Reid	D	SO	Ponte Vedre Bch., FL
Danielle Riley	H	JR	Miami, FL
Rikke Ronholt	H/MD	SR	Allerod, Denmark
Nicole Scott	T	FR	Willingboro, NJ
Michaela Steele	HJ	JR	Parkland, FL
Shannon Steele	ME	JR	Parkland, FL
Xuan Stevens	D	SR	Jacksonville, FL
Ayana Townsend	H	SO	Wyncote, PA
Nadi Vlaun	D	JR	Big Pine Key, FL
Sara White	T	SO	Port Charlotte, FL
Amanda Wilson	D	FR	Tampa, FL
Tangela Wobbleton	S	SO	Stuart, FL

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





# WOMEN'S BIOS

## Lindsay Adkins Junior, Pole Vault

Pensacola, FL (Woodham HS)

**Collegiate Best: Pole Vault (10-0)**

Junior pole vaulter who saw action in the event's debut last season... good all-around athlete with experience in several sports and track events in high school...turned in the top vault for the Lady Seminoles last season at 10-



feet...an All-ACC academic honoree...

**1998:** Turned in her best mark of the indoor season at the Barnett Bank Invitational (7-10.50)... placed eighth

overall at the ACC Outdoor Championships with a vault of 8-10.25...finished third at the Florida Intercollegiate at 8-6.25... recorded a collegiate best vault of 10-0 at the Seminole Twilight...**Prep:** Woodham Hall of Fame inductee who owns the school's high hurdle record...qualified for regionals during senior year, but did not participate due to injury...salutatorian who has named the most outstanding senior girl...lettered in volleyball, track and field and cross country...**Personal:** Born July 31, 1978...a nursing major...has found time to work with the Florida Institute of Certified Public Accountants and at Tallahassee Memorial Hospital during time off from school and track.

## Makiba Batten Freshman, Throws

Detroit, MI (Renaissance HS)

Highly regarded true freshman thrower who should be able to contribute immediately...a four-year track and field dream team selection in high school...will have the opportunity to improve during freshman campaign with weight training and meet experience...**Prep:** All-state, all-region and all-city through all four years at Renaissance High School... participated in volleyball and bas-



ketball in addition to track and field...an honor roll student who was involved in numerous high school activities...

**Personal:**

Born October 26, 1980...a

nutrition and fitness major...cousin of world record holder and FSU volunteer assistant Kim Batten...spent the summer working as a supervisor for a domestic violence program... rooms with freshman sprinter Nakeya Crutchfield.

## Kingsley Broughton Sophomore, Distance

Ponte Vedra, FL (Nease HS)

**Collegiate Best: 5K (18:57.62)**

Sophomore member of young and improving Lady Seminole distance team...consistently one of the top five runners during fall cross country season...FSU's third finisher (59th overall) with a 5K time of 18:57.62 at the NCAA South Regional...**1998:** saw limited action during first season on the track...placed third over-all in the 5K at the Seminole Twilight with a time of 19:53.86...



**Prep:** Captain of Nease's 1996 state cross country championship

team...placed seventh individually in the mile at the state meet as a senior...participated in swimming along with cross country and track...

**Personal:** Celebrates a January 23, 1979 birthday...a recreation and leisure major...hobbies include karate...rooms with fellow sophomore distance runner Natalie Reid.

## Teresa Bundy Sophomore, Sprints

Cleveland, OH (Cleveland Heights HS)

**Collegiate Bests: 55m (7.07),**

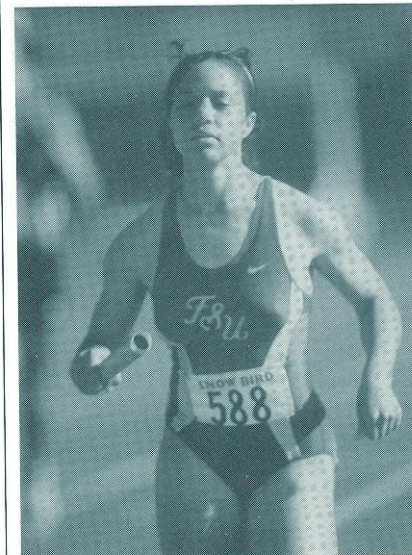
**100m (11.61), 200m (24.18)**

Emerged as one of the top sprinters for the Lady Seminoles in her first season as a true freshman...combines with Tonya Carter and Zuzette Mullings to give coaches a solid sprint trio...will have a chance to



record NCAA qualifying marks in the 100m and 200m this season...came to FSU a year ago as one of the top sprinters in the

country...also a key member of sprint relay teams...**1998:** Ran indoor best 55m time of 7.07 at the Florida Invitational...turned in top indoor 200m mark at ACC/SEC Challenge (25.84)...finished sixth overall in the ACC Indoor 55m with a time of 7.59... placed second only to Kim Batten at the FSU Relays in the 100m (11.77)... took second in the 100m (11.64) and fourth in the 200m (24.62) at the Florida Intercollegiate...scored at the ACC Outdoors with a fifth place effort and collegiate best time of 11.61 in the 100m...placed third in the 100m (11.79) and the 200m (24.18) at the FSU-Nebraska-UF tri-meet...**Prep:** Ranked in the top ten nationally in both the 100m and 200m...Ohio state champion in the 100m and 200m as a junior...also ran on state championship 4x100m and



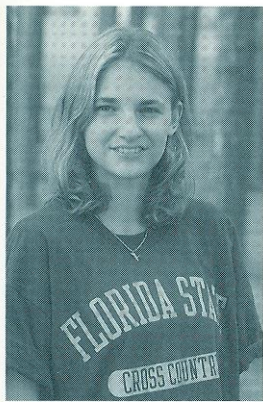
4x200m relay teams as a junior...set the Ohio state record in the 55m with a time of 7.12...state MVP in 1996...selected FSU over numerous national track powers...**Personal:** A psychology major...born on Valentine's Day, 1979...sister, Adrienne, ran track at Kentucky...rooms with teammate Ayana Townsend and former FSU All-American Yashiva Edwards.

## Cynthia Campbell

### Sophomore, Distance

St. Catharines, Ontario  
(Sir Winston Churchill HS)  
Collegiate Best: 5K (17:39)

One of the top distance runners on the FSU roster...expected to have a strong sophomore year with one track season and two cross country seasons under her belt...the No. 1 runner and co-captain of cross country teams this fall...**1998:** Recorded personal best 5K time of 17:39 at



Auburn Invitational during cross country season...ran a 5:14.70 mile and 2:23.66 800m at the ACC/SEC Challenge during

indoor track season...clocked in at 4:50.63 in the prelims of the ACC Outdoor 1500m...won the Seminole Twilight 5K with a time of 18:30.19...

**Prep:** Finished third at the 1996 Canadian Junior National 5K...placed sixth at the 1997 Ontario High School Championships 3K...named senior athlete of the year in 1995-96...a three-time MVP of cross country and track teams...finished 15th at the Canadian Junior National Cross Country Championships...**Personal:** An International Affairs major...born June 22, 1978...former athlete representative of Niagara Olympic Club...rooms with sophomore hurdler Fiona Norwood...named to dean's list as a freshman...father, Brian, is an active marathon runner and decathlete.

## Shelby Cannon

Junior, Sprints/Jumps  
Centreville, VA (Centreville HS)  
Collegiate Bests: 55m (7.29), 200m (24.06), Long Jump (19-0), Triple Jump (38-9.75)

Junior who saw limited action last year and redshirted during outdoor season...has the potential to be an outstanding jumper...coaches are looking for this to be her breakthrough season...**1998:** Triple jumped 34-6.25 to start indoor



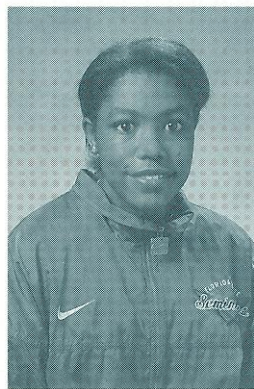
season at Florida Invitational...also recorded collegiate best 55m time of 7.29 in that meet...red-shirted during outdoor season...**1997:**

Finished fifth in the 55m (7.35) and 11th in the 200m (25.69) at the Barnett Bank Invitational...recorded marks of 12.41 in the 100m and 18-0.25 in the long jump at the FSU Relays...ran 24.06 in the 200m to place sixth at the Florida Intercollegiates...triple jumped 38-9.75 to finish ninth at the ACC Outdoors...finished fourth in the long jump at the Nike Twilight with a collegiate best mark of 19-0 in the long jump...placed fifth in the long jump (19-0) and sixth in the triple jump (37-5.75) at the Seminole Twilight...**Prep:** A four-time all-state selection at Centreville...named All-Metropolitan honorable mention team three times...earned high school All-America status in the triple jump with a top mark of 38-7...**Personal:** Majoring in criminal justice...born May 8, 1978...rooms with sprinter Tonya Carter...a two-time Dean's List honoree at FSU...member of criminal justice honor society...received Golden Nole award as the top track and field student-athlete.

## Tonya Carter

Junior, Sprints  
Douglasville, GA (Alexander HS)  
Collegiate Bests: 55m (7.05), 100m (11.48), 200m (23.75)

NCAA qualifier who has emerged as the top sprinter for the Lady Semi-



noles...will push for NCAA and ACC honors during junior campaign...a USA qualifier as a sophomore...improved collegiate best times

across the board last season...one of the hardest workers on the squad who maintains great physical condition...**1998:** Finished third at the Florida Invitational with a collegiate best 55m time of 7.05...placed third at the ACC Indoors in the 60m dash (7.49)...advanced to the finals of the USA Indoor Championships in the 60m and finished eighth at 7.50...took third at the ACC Outdoors in the 100m with a collegiate best time of 11.48 and sixth in the 200m (24.18)...recorded a collegiate best 23.75 in the 200m at the Seminole Twilight...**1997:** Placed sixth in the 55m at the ACC Indoors in 7.07...finished third in the 100m (12.07) and eighth in the 200m (25.14) at the Snowbird Invitational...ran 11.85 in a fifth place 100m effort at the Florida Relays...took fifth at the Florida Intercollegiates in the 100m with a time of 12.16 and a season best 24.72 in the 200m...placed ninth at the ACC Outdoors in the 100m (12.11)...**Prep:** County and region record holder in the 100m and 200m...won the state championship (GA) in the 100m and finished second in the 200m as a junior...named MVP of track team all four years at Alexander High...member of 4x100m relay team that finished second at the National Junior Olympics...an all-state band selection...**Personal:** A psychology major...born March 22, 1978...rooms with jumper Shelby Cannon...a Golden Nole winner for academics who was also named to the All-ACC honor roll.

## Nakeya Crutchfield

Freshman, Sprints  
(Coatesville HS)

Outstanding sprint prospect who earned all-state honors in both track and basketball in high school...will have a chance to see early meet ac-



# WOMEN'S BIOS



tion on the Lady Seminole sprint team in both the 100m and 200m...

**Prep:** A three-year all-state selection in track and field

...turned in personal bests of 11.64 in the 100m and 23.85 in the 200m... an all-state basketball selection as a senior at Coatesville...played four years of each sport...also participated in student council and the National Honor Society...**Personal:** Born September 16, 1980...enrolled in FSU's undergraduate studies program...rooms with freshman thrower Makiba Batten.

## Taressa Davis Freshman, Jumps

**Durham, NC (Southern Durham HS)** True freshman who should have the opportunity to make an immediate impact for the Lady Seminoles in the long and triple jumps...will be an integral part of FSU's future jumping success...**Prep:** had a career best 40'

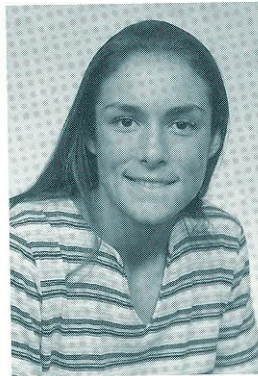


in the triple jump at the 1997 AAU Nationals earning her second place...1997 State of North Carolina champion in the indoor and outdoor

triple jumps...member of the National Honor Society and a Mu Alpha Theta member...**Personal:** A nutrition and movement science major...lives with fellow freshman teammates Laura Gerber and Shauna Quinn...born June 3, 1980.

## Vanessa Fuchs

**Sophomore, Throws**  
**Pompano Beach, FL (Cardinal Gibbons) Collegiate Bests:** Shot Put (37-5.75), Discus (136-10)  
Sophomore thrower who also plays on the FSU women's basketball team...will miss a portion of the indoor track season due to basketball obligations...currently stands eighth on FSU's all-time top performance list in the discus...**1998:** Won the discus at the Snowbird Invitational with a toss of 129-4...placed second in the discus (136-10) at the FSU Relays...took second at the Clemson Invitational with another throw of 136-10 in the



discus...finished first in the discus (135-7) and second in the shot put (37-5.75) at the Florida Intercollegiate...scored at the ACC Outdoors

in the discus with a mark of 136-0 that was good for seventh place...

**Prep:** A four-year letter winner in both basketball and track at Cardinal Gibbons...holds school record for discus and shot put...a three-time state champion in the discus...averaged 16.0 points and 8.0 rebounds per game as a senior on the basketball court...set the school record for three-pointers in a season with 68...chosen the most athletic female of the senior class...**Personal:** Majoring in biological science...born November 5, 1978...father, Donald, was a pole vaulter for FSU.

## Mary Gaskins

**Sophomore, Distance**  
**Jacksonville, FL (Bishop Kenny HS) Collegiate Bests:** 1500m (4:56.83), 5K (18:54.76)

One of four talented sophomore distance runners on this year's squad...consistently one of the top five finishers for the Lady Seminoles during cross country season...scored at the ACC Cross Country Championships

as a freshman and a sophomore... had a 5K cross country best time of 18:54.76...**1998:** Finished 11th at the Florida Invitational with a time of 10:35.00...placed 20th at the FSU Re-



lays 5K in 18:59.88...recorded collegiate best 1500m time of 4:56.83 in an 18th place effort at the Florida Relays...ran

4:59.58 in the prelims of the ACC Outdoor 1500m...**Prep:** Lettered in cross country, track and swimming at Bishop Kenny...1996 *Florida Times-Union* Runner of the Year...an all-state selection in track and cross country over her last three years...team MVP as a sophomore, junior and senior...a two-time state champion as a member of school's 4x800m relay team...an honor roll student who was also a class officer...**Personal:** A child development major...greatest ambition is to make a difference in children's lives...involved in various community service projects...born July 5, 1979.

## Samantha George

**Junior, Sprints**  
**Brampton, Ontario (Notre Dame HS) Collegiate Bests:** 200m (23.66), 400m (53.01), 800m (2:11.0)

Transfer from the Northern Arizona University who will be a valuable asset to the Lady Seminole sprint team...has potential to earn All-America status and has NCAA Indoor and Outdoor experience...will com-



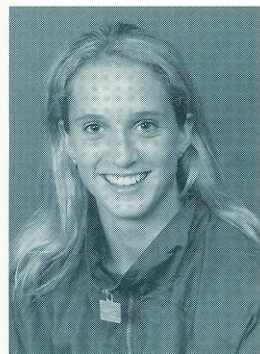
pete primarily in the 200m, 400m and 800m...**1998:** Won the Big Sky 400m outdoor title and finished second in the 200m at

that meet...took second in the 400m and third in the 200m at the Big Sky Indoor Championships...placed

tenth at the NCAA Indoors and 13th at the NCAA Outdoors in the 400m...a two-time Big Sky Athlete of the Week honoree...**1997:** Redshirted...**1996:** Finished third in the 400m and ran on two second place relay teams (4x400m, distance medley) at the Big Sky Indoor Championships...placed fourth in the 400m at the Big Sky Outdoors...**Prep:** A 1994 graduate of Notre Dame High...a five-time letter winner in both track and cross country...named MVP and Athlete of the Year in both sports...**Personal:** One of five Ontario (Canada) natives on the 1999 men's and women's rosters...a social science major...born August 7, 1976.

**Laura Gerber**  
**Freshman, Middle Distance**  
Geneva, Switzerland  
(Chisipite Senior)

Key member of freshman class who will specialize in the 400m...should develop into one of the best in FSU history in the event...tallest Lady Seminole (6-0) on this year's team...



has also lived in South Africa and is one of several international athletes on the roster...**Prep:** Recorded a time of

55.06 in the 400m and 26.40 in the 200m at the age of 16...broke the Zimbabwe Senior record in the 400m and 4x400m...participated in track, horseback riding, squash and tennis in high school...**Personal:** Brother, David, was chosen to run the 800m in the Olympics for South Africa...plans to pursue a career in coaching...born October 29, 1980.

**Dana Glover**  
**Freshman, Middle Distance**  
Miami, FL (Boyd Anderson HS)

Redshirt freshman who will concentrate primarily on the 800m and should compete for conference honors in that event...owns a personal best 800m time of 2:17...used red-shirt season to prepare for collegiate competition with time in the weight room and on the track...**1998:** Red-shirted...named to Dean's List for the



fall and spring semesters...carried a 3.7 GPA and was a Golden Nole honoree...**Prep:** A four-year all-county selection...participated

in both track and cross country at Boyd Anderson...named team MVP in both sports...**Personal:** Celebrates a December 23, 1979 birthday...majoring in business administration and finance...served as an intern at NationsBank over the summer...active in W.E.B. Dubois Honor Society, the Carribean Student Union and the Black Student Union.

**Diana Hartnup**  
**Junior, Distance**

Sarasota, FL (Sarasota HS)  
**Collegiate Bests: 5K (17:58.97)**

The most experienced distance runner on the team...has shown continued improvement over her cross country and track career at FSU...the No. 2 runner on the cross country team during the fall behind Cynthia Campbell with a top 5K time of 17:58.97...**1998:** Finished 21st with a one-mile time of 5:19.62 at the ACC/SEC Challenge...placed eighth in the 3K at the FSU Relays in 10:46.09...took second in the 5K at the Seminole Twilight with a time of 19:05.19...clocked in at 4:56.48 in the ACC Outdoor 1500m prelims, but did not qualify for the finals...**1997:** Finished 11th in the Snowbird Invitational 3K with a time of 10:46.68...

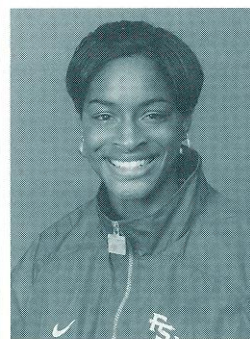


placed seventh in the 1500m at the FSU Relays in 4:54.24...recorded a time of 4:58.78 (11th) at the Florida Intercollegiate...**Prep:** Set 15 track and cross country records at Sarasota High...MVP of both track and cross country teams during senior year...an honor roll student and National Honor Society member...cross country MVP for three straight years...a three-time all-

area selection in cross country...won regional titles as a junior and senior...**Personal:** Majoring in accounting and finance...named to Dean's List numerous times...born November 17, 1978.

**Chinette Johnson**  
**Sophomore, Multi-Events**  
Tallahassee, FL (Lincoln HS)

**Collegiate Bests: Heptathlon (5,176), Triple Jump (40-11.50)**  
The best all-around athlete on the team...the defending ACC heptathlon champion who will compete for national honors in the event this



year...also scores points in the jumps and relays...**1998:** Finished 11th in the high jump (5-1), fifth in the long jump (18-0.50) and sixth in the triple

jump (38-7.75) at the Florida Invitational to start the indoor season...recorded collegiate bests with a triple jump of 40-11.50 (third) and a long jump of 18-1.75 (14th) at the ACC/SEC Challenge...scored in three events at the ACC Indoors with a seventh place finish in the pole vault (8-2.50), a sixth place finish in the triple jump (40-2) and a seventh place finish in the 400m (57.07)...ran on 4x400m relay team at USAT&F Indoor Championships that finished third with an NCAA provisional time of 3:39.58...won the FSU Relays heptathlon title with a point total of 5,010...placed second in the triple jump (39-4), third in the pole vault (8-6.25) and fourth in the long jump (18-10.50) and the 400m (56.09) at the Florida Intercollegiate...won the ACC heptathlon title with an NCAA provisional total of 5,176 points...finished third in the high jump (5-1.75) and fourth in the long jump (18-7.25) at the FSU/Nebraska/UF tri-meet...**Prep:** Won district and regional heptathlon titles as a junior and senior...graduated with honors...placed seventh at USA Junior Nationals in the heptathlon following junior year...a Big Bend Athlete of the Year award winner...played four years of basketball in addition to



# WOMEN'S BIOS

track and field...**Personal:** A computer science major...nickname is "China"...born April 26, 1979.

## Christa King Senior, Pole Vault

**Naples, FL (Lely HS) Collegiate  
Bests: Pole Vault (8-6.25)**

A four-year member of the FSU track team...switched to the pole vault last season as the event made its debut in women's track...competed in several events including the heptathlon before making that transition...recorded the top indoor pole vault last season for the Lady Seminoles...recipient of prestigious ACC Top Six Award and has been named to the



ACC Honor Roll...**1998:** Placed eighth at the ACC/SEC Challenge in the pole vault (7-10.50)...recorded an FSU indoor best vault of 8-6.25 in a

third place effort at the Barnett Bank Invitational...that mark was the fourth best (indoor) in the ACC...**Prep:** An all-county selection and team captain in all four years of track at Lely High...won several district championships and was team MVP as a junior and senior...participated in cheerleading and soccer along with track...**Personal:** Born April 2, 1977...a physical education major who is the acting president of FSU's P.E. Majors Club...the track team community service coordinator...serves as the track team representative of the Student-Athlete Advisory Council.

## Jennifer Mayhue Sophomore, Sprints

**Toronto, Canada (Unionville HS)  
Collegiate Bests: 400m (58.00)**

Sophomore who contributed in the sprints and relays as a true freshman last year...placed third with 4x400m relay team at USA Indoors...will compete primarily in the 200m and 400m with the 400m being her best



event...**1998:** Ran on 4x400m relay team that finished third at the 1998 USA Indoor Championships with an NCAA provisional time of 3:39.58...Placed 13th at the Barnett Bank Invitational 400m with a time of 58.00...placed sixth in the 400m at the Florida Intercollegiate (59.26)...clocked in at 58.51 in the prelims of the ACC Outdoor 400m, but did not advance...**Prep:** Won the Canadian Junior National 400m Championship in 1995...also the Ontario 100m and 400m champion...team MVP all four years at Unionville...participated in basketball, volleyball, cross country and track...graduated with honors...chose FSU over Michigan, Iowa, Purdue and Seton Hall...**Personal:** A biological science major...born November 22, 1978...named to the Dean's List in her first semester at FSU.

## Kerry Miano Sophomore, Throws

**Sound Beach, NY (Rocky Point HS)**

Young thrower with greatest ability in the discus and hammer...a great student who has won numerous academic awards...should show continued improvement with added strength and meet experience...**1998:** Placed 10th at the Barnett Bank Invitational in the shot with a



throw of 37-10.75...finished ninth in the hammer (128-4) and sixth in the discus (127-0) at the Clemson Invitational...took fourth at the Florida Intercollegiate in the shot (35-6.75)...won the Golden Torch Award with a 3.85 GPA...**Prep:** A 1996 and '97 all-state selection in the discus and

shot...the 1996 and '97 New York Class B discus champion...also the Suffolk County discus and shot put champ as a junior and senior...named the Suffolk County Athlete of the Year (throws) in her last two seasons at Rocky Point...**Personal:** An art education major...celebrates a March 19, 1979 birthday...named to the Dean's List and the ACC Honor Roll as a freshman.

## Lakeisha Mose Senior, Throws

**Richmond, VA (John F. Kennedy HS)  
Collegiate Bests: Weight (62-5),  
Hammer (178-6), Shot Put**

**(47-6.25), Discus (128-5)**  
The top thrower for the Lady Seminoles...set the ACC and FSU record in the weight throw last season...an NCAA qualifier who will be aiming for All-America honors this year...**1998:** Started the indoor season with a victory in the shot put at the Florida Invitational (47-3.50) and was also second in the weight throw with



an NCAA provisional mark of 58-7.50...won the ACC Indoor title in the weight throw with an ACC and FSU record throw of 62-5 and took third in the shot put at 47-6.25...placed 16th in the weight at the NCAA Indoors with a throw of 56-7.5...won the FSU Relays title in the hammer (160-11) and placed third in the shot (45-5.25)...recorded a collegiate best throw in the discus at the Clemson Invitational with a fifth place mark of 128-5...finished first in the hammer (162-5) and in the shot (41-2.25) at the Florida Intercollegiate...won the ACC Championship in the hammer with an NCAA provisional mark of 178-6...added a fourth place effort in the shot at 45-10.50...placed fourth in the shot (45-10.75) and in the hammer (173-0) at the FSU-UF-Nebraska tri-meet...won the Seminole Twilight shot put title (43-7.75) and was second in the hammer (173-4)...**1997:** Placed third in the weight (52-6) and fourth in the shot (46-0) at ACC Indoors...finished fifth in the weight at the Nike Fast Times with a toss of 54-5.25...took seventh (154-6)



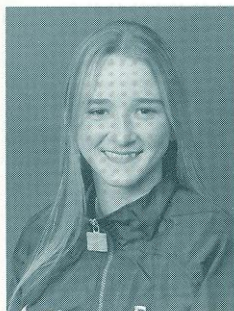
at the Florida Relays in the hammer...placed second in the hammer at the ACC Outdoors with a throw of 156-9...**1996:** placed fifth at the ACC Indoors with a mark of 46-3.50 in the shot...took first place in the shot at the Snowbird Invitational (45-6)...finished second at the Florida Relays in the shot with a throw of 46-6.75...scored in the shot (eighth) and the hammer (fourth) at the ACC Outdoors...placed fourth in the hammer with a throw of 142-4 at the Seminole Challenge...**Prep:** 1995 Virginia State Champion in the shot put...received the Scholar/Athlete Award at John F. Kennedy as a senior...**Personal:** Majoring in studio art...born July 6, 1977.

## Ashley Moye

### Freshman, Pole Vault

**Wauchulla, FL (Hardee HS)**  
A highly regarded pole vault specialist from the state of Florida...should have the opportunity to contribute immediately to a young Lady Seminole team...recipient of the Florida Academic Scholars Scholarship...

**Prep:** 1998 track scholar athlete award winner...two-time all-district team member 1997 and 1998...1997 district champion in the pole vault



...won Captain's Award her junior and senior seasons as well as the Coaches Award her senior year...four year honor roll member...

graduated in top 10 of her high school class...made the Dean's List her senior year...competed in volleyball, cross country, and track at Hardee High School in Wauchulla, Florida...**Personal:** member of the Fellowship of Christian Athletes, the National Honor Society, and the Health Occupation Students of America...celebrates an August 24, 1980 birthday.

## Zuzette Mullings

### Junior, Sprints/Jumps

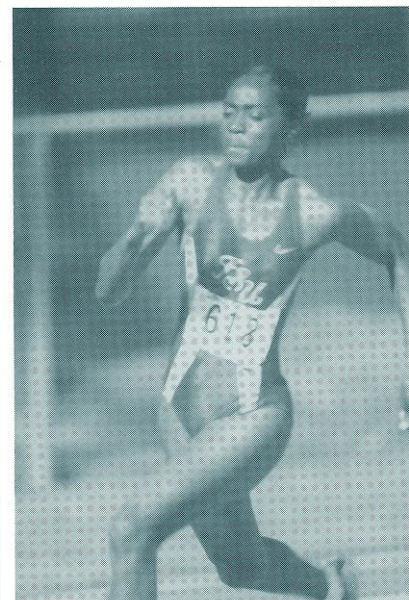
**Ellicott City, MD (Howard HS)**  
**Collegiate Bests: 55m (7.07), 100m (11.49), 200m (23.86), Long Jump (20-4.50), Triple Jump (41-10)**

All-American who provisionally qualified in three events (100m, long jump and triple jump)...has the ability to reach All-American status in both the sprints and jumps...the defending ACC Champion in the long jump (outdoors)...key relay participant who earned her All-



American distinction two years ago on 4x100m team at NCAA Outdoors...**1998:** Recorded indoor bests in the 55m (7.07) and the triple

jump (41-8.50) at the Florida Invitational...placed second in the long and triple jumps with NCAA provisional marks of 20-0.50 and 41-1.75 at the ACC/SEC Challenge...finished seventh in the triple jump at the ACC Indoors at 40-1.25...set a collegiate best with an NCAA provisional qualifying triple jump of 41-10 at the Indiana Invitational...won the Florida Intercollegiate long jump (20-3) and triple jump titles (40-0)...placed second in the 200m at that meet in 23.98...took the ACC Outdoor Championship in the long jump with a collegiate best long jump of 20-4.50...finished sixth at



the ACC Outdoors in the 100m (11.64) and seventh in the triple jump (39-5.75)...ran collegiate best times in the prelims of the 100m (11.49) and 200m (23.86) at that meet...placed third at the Georgia Tech Invitational long jump at 20-2.25...long jumped 19-6.25 at the NCAA Outdoor Championships and finished 17th overall...**1997:** Placed sixth in the long jump (19-4.25) and in the triple jump (40-4.75) at the ACC Indoors...finished fifth at the Nike Fast Times in the long jump with a mark of 19-5.50...won the triple jump (39-3.25), took second in the long jump (18-9.75) and placed third in the 400m (56.20) at the Snowbird Invitational...finished third in the long jump at the Disney Invitational at 19-2.25...triple jumped 37-8.25 at the Florida Intercollegiate in a third place effort...placed fourth in the triple jump (40-8.25) and sixth in the long jump (18-7.25) at ACC Outdoors...won the 200m at the Jesse Owens Invitational in 24.50...recorded a triple jump of 40-4 (third) at the Seminole Twilight...member of 4x100m relay team that placed seventh at the NCAA Outdoors with a time of 44.89...

**1996:** Redshirted...**Prep:** An All-Metro outdoor selection and honor roll student...standout high school career in Maryland...an all-county in both indoor and outdoor seasons as a senior at Howard High School...

**Personal:** Majoring in management information systems...born June 3, 1976.

## Terita Norton

### Senior, Jumps

**Thonotosassa, FL (C. Leon King HS)**  
**Collegiate Bests: Long Jump (17-10.50), Triple Jump (36-5)**

Senior who gives the Lady Seminoles experienced depth in the long and triple jumps...gets the most out of 5-1 frame with dedication and work ethic at practice...**1998:** Long jumped 17-3.25 at the Florida Invitational to finish 10th in the first indoor meet of the season...placed fifth in the triple jump (36-5) and sixth in the long jump (17-1.25) at the Florida Intercollegiate...**1997:** finished seventh at the Snowbird Invitational in the triple jump (17-9.50)...placed 10th in the long jump (17-3.50) and fifth in the triple jump (34-9) at the FSU Relays...took 10th at the Florida Intercollegiate in the long jump with



# WOMEN'S BIOS

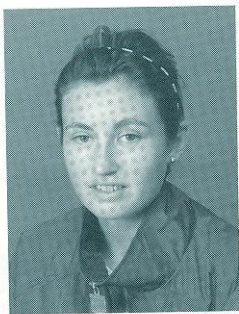


a mark of 17-10.50...long jumped 17-4.75 (11th) and triple jumped 35-11.50 (15th) at ACC Outdoors...closed the season at the Seminole Twilight with marks of 17-6 in the long jump (eighth) and 35-10.75 in the triple jump (seventh) at the Seminole Twilight...**Prep:** Named MVP of track team as a senior...placed eighth at state in the long jump (second at regionals) as a senior...captain of cheerleading squad...graduated in the top 10% of her class with a 4.33 GPA...also an NHS member...**Personal:** An electrical engineering major...an ACC Honor Roll student who worked at an aerospace corporation during the summer...born April 15, 1977...twin sister, Terri, also attends FSU...active in several clubs on campus.

## Fiona Norwood Sophomore, Hurdles

**Kilkenny, Ireland (Presentation Convent) Collegiate Bests: 400m (56.99), 400m hurdles (1:02.03)**

Made an immediate contribution as a true freshman in 1998...gives FSU three strong 400m hurdlers along with Ronholt and Townsend... possesses solid hurdling fundamentals...can also contribute in the 400m and the 4x400m relay...**1998:** In her first meet at FSU, finished eighth at the Florida Invitational in



the 400m with a time of 57.82... member of 4x400m relay team that finished third at the 1998 USA Indoor Championships with an NCAA provisional time of 3:39.58...placed seventh in the 400m hurdles at the FSU Relays (1:03.81)...clocked in at

1:02.31 at the Florida Relays in a fifth place effort...took sixth at the ACC Outdoors in the 400m hurdles with a time of 1:02.52...established collegiate bests in the prelims of the 400m (56.99) and the 400m hurdles (1:02.03) at the ACC Outdoors...

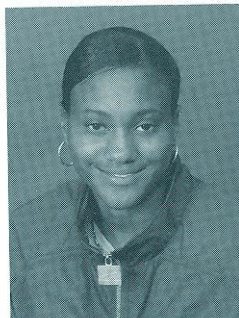
**Prep:** Clocked times of 55.45 in the 400m, 43.80 in the 300m hurdles and 1:00.85 in the 400m hurdles... comes to FSU with high credentials from Irish competition...**Personal:** Majoring in economics...celebrates a September 8, 1978 birthday.



## Shauna Quinn Freshman, Sprints

**Uniondale, NY (Uniondale HS)**

A high school All-American sprinter who could develop into a major contributor for the Lady Seminoles... will compete primarily in the 100m and 200m...a key member of strong freshman and sophomore sprint classes...**Prep:** A high school All-American at Uniondale...earned all-



state recognition for six consecutive years between grades seven through 12...a two-time team MVP...also an honor roll

student...**Personal:** A political science major...rooms with teammates Teresa Davis and Laura Gerber...born January 23, 1980.

## Natalie Reid Sophomore, Distance

**Ponte Vedra, FL (Nease HS)  
Collegiate Bests: Mile (5:17.29)**

Sophomore distance prospect who has been among the cross country top five her first two years...has the potential to compete with the best in



the conference in the mile and 3K...**1998:** Finished 11th in the mile at the Florida Invitational (5:17.95) ...ran 5:17.29 and finished

13th in the mile at the Barnett Bank Invitational...redshirted during the outdoor season...**Prep:** A five-time all-state performer in track...holds nine school records in track and cross country...named team MVP for track and cross country as a junior and a senior...an all-city selection in cross country (three years) and track (two years)...won the class 5A cross country regional title in '95 and runner-up in '96...a FACA all-state soccer selection in '95 and and all-district in '95 and '96...named a FHSCA scholar athlete following senior year...**Personal:** Plans to major in elementary education... celebrates a November 12, 1979 birthday.

## Danielle Riley Sophomore, Hurdles

**Miami, FL (Miramar HS)  
Collegiate Bests: 400m hurdles (1:06.50)**

Provides depth in the 400m hurdles ...will need to improve speed and technique to challenge FSU's top 400m hurdlers...an ACC Honor Roll member...**1998:** Placed fourth in the 400m hurdles at the Florida Inter-collegiate (1:07.09)...ran 1:06.50 in prelims of ACC Outdoors, but did not advance...finished 12th at the Seminole Twilight in 1:07.26...**1997:** Redshirted...**Prep:** Named track team captain as a senior at Miramar...a four-year member of academic honor



roll...  
**Personal:** Plans to major in English with an emphasis on business ...celebrates a September 24, 1977 birthday.

## Rikke Ronholt

### Senior, Hurdles

**Allerod, Denmark (Allerod Gymnasium) Collegiate Bests: 400m (54.53), 400m hurdles (57.30), 800m (2:05.84), High Jump (5-6)**

All-American who set the ACC and FSU indoor 800m record last season ...the defending ACC Indoor 800m champion...will compete for national honors in the 400m hurdles and 800m...versatile athlete who can score points on the conference level in several events...has represented



Denmark in world competition...earned All-American status as a member of 1997 4x400m relay team...  
**1998:** Won the 800m

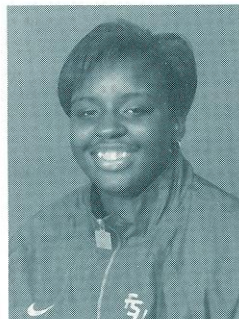
(2:11.54) and finished second in the high jump (5-5.75) at the Florida Invitational...placed second in the 800m with an NCAA provisional time of 2:10.05...ran 55.60 at the Barnett Bank Invitational 400m and finished fourth...won the ACC Indoor 800m title with a time of 2:14.97...member of 4x400m relay team that finished third at the 1998 USA Indoor Championships with an NCAA provisional time of 3:39.58...set a new ACC and FSU 800m indoor record with a time of 2:05.84 at the Butler Invitational...came to NCAA Indoors with the fourth fastest time nationally in the 800m...did not advance to the finals with a time 2:08.64...**1997:** ACC Indoor 800m runner-up to teammate Erica Shepard with a time of 2:12.80 ...placed first at the Snowbird Invitational in the 400m (54.68) and in the 400m hurdles (58.08)...ran anchor leg of 4x400m relay team

that recorded NCAA automatic qualifying time of 3:31.92 in edging out LSU for the FSU Relays title...added another FSU Relays title by winning the 400m hurdles (58.43)...finished third in the Florida Intercollegiate 800m with a time of 2:06.43...placed fourth in the 400m hurdles (1:01.16) at the Disney Invitational...took second in the 400m hurdles (57.80) and fifth in the 400m (54.22) at the ACC Outdoors...set a collegiate best in the prelims of the 400m hurdles at 57.30...won the 400m hurdles at the Jesse Owens Classic in 59.2...picked up another victory in the 800m at the Seminole Twilight (2:06.65)...**1996:** Recorded a mark of 5-5.25 in a second place finish in the high jump at the Clemson Invitational...placed ninth in the high jump at the ACC Outdoors at 5-5.75...finished second in the 400m hurdles (59.86) at the ACC Outdoors...qualified for the NCAA Outdoors with a time of 58.73 in the 400m hurdles at the Seminole Twilight...**1995:** An All-ACC performer in the 400m hurdles and the high jump...finished first in the 800m at the FSU Relays with a time of 2:13...captured first place at the FSU 4-way meet in the high jump with a collegiate-best leap of 5-6...placed second at the Jesse Owens Classic in the 400m hurdles with a time of 58.46...**Prep:** Had an outstanding career in Denmark as a standout in several events...**Personal:** Majoring in international affairs...born on January 1, 1976...father represented Ghana in Olympics twice (200m and 400m).

## Nicole Scott

### Freshman, Throws

**Willingboro, NJ (Willingboro HS)** Freshman who was one of the best high school throwers in the country



a year ago...owns personal bests of 41-0 in the shot put and 113-7 in the discus...  
**Prep:** An All-County selection in 1995, '96 & '97...the school's athlete of the year in '97 and rookie of the year in '95... named All-South Jersey in

'97...placed 6th in the shot at the AAU National Championships...  
**Personal:** Plans to major in business law...brother, Jeff, is a thrower at Florida A&M...born, January 2, 1980.

## Michaela Steele

### Junior, High Jump

**Parkland, FL (Marjory Stoneman Douglas HS) Collegiate Bests: High Jump (5-7)**

Teams with twin sister Shannon as the top high jump duo for the Lady Seminoles...scored in the high jump in 1997 and should compete for conference honors in the event... former state high jump champion...  
**1998:** Placed third at the Florida



Invitational in the high jump (5-5.75) ...jumped 5-6 at the ACC/SEC Challenge to finish eighth ...recorded a collegiate best mark of 5-7 in a

second place effort at the FSU Relays ...**1997:** Took third at the Barnett Bank Invitational in the high jump with a mark of 5-4.50...placed eighth at the ACC Indoors (5-5.75)... jumped 5-4.25 in a second place effort at the Snowbird Invitational... scored again at the ACC Outdoors (fifth) with a jump of 5-4.25...**Prep:** Won the state championship in the high jump (5-6) as a senior...also won city, district and regional titles ...advanced to regionals in the triple jump...participated in the Junior Olympics, placing 12th in the high jump following her senior year...ran cross country...**Personal:** Pursuing a degree in special education...roommate and teammate of twin sister, Shannon...born November 15, 1978.

## Shannon Steele

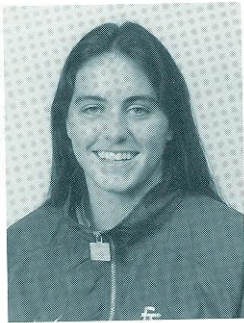
### Junior, High Jump/Javelin

**Parkland, FL (Marjory Stoneman Douglas HS) Collegiate Bests: High Jump (5-7), Javelin (141-6.25)**

FSU's top javelin thrower who doubles as a high jumper...has scored in conference high jump competition the past two years...will battle twin sister for the No. 1 spot in that event...**1998:** Finished 11th in the high jump at the ACC/SEC Chal-



# WOMEN'S BIOS

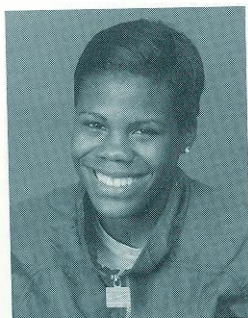


lunge at 5-4.50...took third at the Barnett Bank Invitational (5-5.25)...scored at the ACC Indoors with a jump of 5-5 (eighth)...won the FAMU Relays javelin title with a collegiate best of 141-6.25...took second in the javelin at the FSU Relays (140-5)...high jumped 5-6 to place third at the ACC Outdoors...recorded a collegiate best of 5-7 to win the high jump at the FSU-UF-Nebraska tri-meet...141-6.25...**1997:** Finished fourth at the ACC Indoors with a collegiate best high jump of 5-7.75...placed seventh in the high jump (5-2.25) and in the javelin (130-1) at the FSU Relays...threw the javelin 111-5 (12th) and high jumped 5-0.25 (11th) at the ACC Outdoors...**Prep:** Placed second in the state high jump to Michaela as a senior (same height with one more attempt)...a Junior Olympics participant...also ran cross country...**Personal:** Majoring in social work...roommate and teammate of twin sister, Michaela...celebrates a November 15, 1978 birthday.

## Ayana Townsend

**Sophomore, Hurdles**  
Wyncote, PA (Sheltenham HS)  
**Collegiate Bests: 55m hurdles (8.29), 100m hurdles (14.04), 400m hurdles (59.70)**

Emerging as a standout hurdler for the Lady Seminoles...has the ability to contribute in all three hurdle events...the conference 400m hurdle



runner-up as a true freshman...next in a long line of outstanding Lady Seminole 400m hurdlers...**1998:** Began the season at

the Florida Invitational with a third place time of 8.37 in the finals of the 55m hurdles after running 8.29 in the prelims...placed fourth in the 100m hurdles at the FSU Relays (14.43)...won Florida Intercollegiate titles in the 100m hurdles (14.16) and the 400m hurdles (1:00.12)...ACC Outdoor 400m hurdle runner-up with a time of 1:00.05...ran 14.04 in the prelims of the 100m hurdles at the ACC Outdoors...clocked in at 14.11 at the FSU-UF-Nebraska tri-meet to take third in the 100m hurdles...recorded a collegiate best 400m hurdle time of 59.70 in a fifth place finish at the Georgia Tech Invitational...**Prep:** Set the Pennsylvania state record in the 300m hurdles...an all-american as a junior...won the state championship in the 300m hurdles and the 100m hurdles as a senior...**Personal:** Plans to major in biology...celebrates a May 7, 1979 birthday.

## Sara White

**Sophomore, Throws**  
Port Charlotte, FL (Charlotte HS)  
**Collegiate Bests: Hammer (137-9), Weight (41-6)**

One of several young throwers on the squad...will be competitive in the ACC due to hard work in the weight room and dedication to practice...

**1998:** Placed seventh in the weight throw at the Florida Invitational (40-6)...finished 17th in the weight (41-6) and 18th in the shot put (36-8.25) at the ACC/SEC Challenge...



took seventh in the hammer at the Clemson Invitational with a throw of 137-2...just missed scoring in the hammer at the ACC Outdoors with a ninth place mark of 137-9...finished second in the hammer (135-11), second in the discus (124-2) and fifth in the shot (33-20.75) at the Florida Intercollegiate...**Prep:** A four-year all-county selection and an all-state pick honoree as a senior...named the

track and field athlete of the year at Charlotte as a senior...participated in volleyball and soccer in addition to track and field...carried a perfect GPA through all four years...**Personal:** An exercise physiology major...a Dean's List student at FSU...born March 28, 1979.

## Tangela Wobbleton

**Sophomore, Sprints**

Stuart, FL (Martin County HS)  
**Collegiate Bests: 400m (56.47)**

Sophomore whose primary event is the 400m...a three-time high school state champion in the 400m who came to FSU as one of the best in the country and did not disappoint...can



drop down and compete in other sprint areas as well...ran on conference runner-up 4x100m and 4x400m relay teams...**1998:**

Placed ninth in the 400m (58.11) and ran 7.36 in the 55m prelims in first career meet...clocked in at 57.65 at the ACC/SEC Challenge for another ninth place 400m finish...recorded a time of 56.97 in the prelims of the ACC 400m...took sixth at the FSU-UF-Nebraska tri-meet in the 400m with a collegiate best of 56.47...**Prep:** Recorded times of 55.0 (400m), 24.40 (200m) and 11.77 (100m) during her high school career...won every conference, district and regional meet in the 100m, 200m, 400m in her four years at Martin County...a three-year state champion in the 400m...a three-time *Stuart News* athlete of the year honoree...finished in the top five in three state events (100m, 200m and 400m) as a junior...graduated with honors...selected FSU over Clemson, LSU and Columbia...competed in volleyball, basketball and track...**Personal:** Majoring in food, nutrition and movement...trains in the off season with her father, Mance...born October 15, 1978.

# WOMEN'S QUALIFYING MARKS

## 1999 Division I/INDOOR

EVENT	Automatic		Provisional	
	FAT	MT	FAT	MT
<b>55 Meters</b>	6.78 <sup>@</sup>	-	6.88 <sup>@</sup>	-
<b>60 Meters</b>	7.28 <sup>@</sup>	-	7.38 <sup>@</sup>	-
<b>55-Meter Hurdles</b>	7.64 <sup>@</sup>	-	7.84 <sup>@</sup>	-
<b>60-Meter Hurdles</b>	8.17 <sup>@</sup>	-	8.37 <sup>@</sup>	-
<b>200 Meters</b>				
(Under 200m/220 yds)*	23.90	-	24.45	-
(200m/220 yds)*	23.70	-	24.25	-
(Banked or Over 200m/220 yds)*	23.50	-	24.05	-
<b>400 Meters</b>				
(Under 200m/220 yds)*	53.80	53.5	55.30	55.0
(200m/220 yds)*	53.50	53.2	55.00	54.7
(Banked or Over 200m/220 yds)*	53.20	52.9	54.70	54.4
<b>800 Meters</b>				
(200m/220 yds or less)*	2:07.50	2:07.2	2:09.50	2:09.2
(Banked or Over 200m/220 yds)*	2:07.10	2:06.8	2:09.10	2:08.8
<b>Mile#</b>				
(200m/220 yds or less)*	4:44.00	4:43.7	4:50.00	4:49.7
(Banked or Over 200m/220 yds)*	4:43.40	4:43.1	4:49.40	4:49.1
<b>3,000 Meters#</b>				
(200m/220 yds or less)*	9:24.00	9:23.7	9:42.00	9:41.7
(Banked or Over 200m/220 yds)*	9:23.20	9:22.9	9:41.20	9:40.9
<b>5,000 Meters#</b>				
(200m/220 yds or less)*	16:20.00	16:19.7	16:58.00	16:57.7
(Banked or Over 200m/220 yds)*	16:18.45	16:18.2	16:56.45	16:56.2
<b>1,600-Meter Relay</b>				
(Under 200m/220 yds)*	3:40.50	3:40.2	3:44.00	3:43.7
(200m/220 yds)*	3:38.50	3:38.2	3:42.00	3:41.7
(Banked or Over 200m/220 yds)*	3:37.30	3:37.0	3:40.80	3:40.5
<b>Mile Relay</b>				
(Under 200m/220 yds)*	3:41.75	3:41.5	3:45.25	3:45.0
(200m/220 yds)*	3:39.75	3:39.5	3:43.25	3:43.0
(Banked or Over 200m/220 yds)*	3:38.55	3:38.3	3:42.05	3:41.8
<b>Distance Medley Relay-Meters#</b>				
(200m/220 yds or less)*	11:20.00	11:19.7	11:38.00	11:37.7
(Banked or Over 200m/220 yds)*	11:18.00	11:17.7	11:36.00	11:35.7
<b>Distance Medley Relay-Yards#</b>				
(200m/220 yds or less)*	11:24.20	11:23.9	11:42.20	11:41.9
(Banked or Over 200m/220 yds)*	11:22.20	11:21.9	11:40.20	11:39.9

@: 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	1.86	1.77
Pole Vault	4.00	3.50
Long Jump	6.34	6.10
Triple Jump	13.15	12.60
Shot Put	16.10	14.90
20-Pound Weight	19.20	17.70

\*: Size of track.

#: Altitude adjustment available.

## 1999 Division I/OUTDOOR

Event	Automatic		Provisional		Alt. Adj. 3k-5,999/6k+
	FAT	MT	FAT	MT	
<b>100 Meters</b>	10.18	-	10.34	-	+0.6/+1.0
<b>200 Meters</b>	20.50	-	20.85	-	+1.1/+2.0
<b>400 Meters</b>	45.40	45.1	46.40	46.1	+2.0/+3.5
<b>800 Meters</b>	1:47.20	1:46.9	1:48.80	1:48.5	
<b>1,500 Meters#</b>	3:41.30	3:41.0	3:45.00	3:44.7	
<b>Mile#</b>	3:59.00	3:58.7	4:03.04	4:02.8	
<b>3,000-Meter Steeplechase#</b>	8:43.00	8:42.7	8:54.00	8:53.7	
<b>5,000 Meters#</b>	13:48.00	13:47.7	14:10.00	14:09.7	
<b>10,000 Meters#</b>	29:10.00	29:09.7	29:55.00	29:54.7	
<b>110-Meter Hurdles</b>	13.72	-	14.00	-	+0.7/+1.1
<b>400-Meter Hurdles</b>	50.15	49.9	51.30	51.0	+2.0/+3.5
<b>400-Meter Relay</b>	39.35	39.1	40.00	39.7	+2.4/+4.0
<b>440-Yard Relay</b>	39.55	39.3	40.20	39.9	+2.4/+4.0
<b>1,600-Meter Relay</b>	3:04.00	3:03.7	3:07.00	3:06.7	+8.0/+1.4
<b>Mile Relay</b>	3:05.20	3:04.9	3:08.20	3:07.9	+8.0/+1.4
<b>EVENT</b>	<b>METRIC</b>	<b>METRIC</b>			
High Jump	2.25	2.18			
Pole Vault	5.55	5.30			
Long Jump	8.00	7.65			
Triple Jump	16.40	15.70			
Shot Put	19.00	18.00			
Discus	60.00	56.00			
Javelin	73.00	67.00			
Hammer	67.50	60.00			
Decathlon	7,600 points	7,100 points			

#: Altitude adjustment available.



# WOMEN'S RECORDS

## 100 Meter Dash

FSU Outdoor Record	11.20	1986	Michelle Finn
Mike Long Track Record	11.27	1984	Randy Givens, FSU
ACC Outdoor Record	11.21	1998	Simone Tomlinson, Clemson
Collegiate Record	10.78	1989	Dawn Sowell, LSU

## 200 Meter Dash

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

## 400 Meter Dash

FSU Outdoor Record	49.91	1984	Marita Payne
Mike Long Track Record	52.37	1987	Janet Davis, FSU
ACC Outdoor Record	51.30	1993	Nelrae Pasha, Georgia Tech
Collegiate Record	49.91	1984	Marita Payne-Wiggins, FSU

## 800 Meter Run

FSU Outdoor Record	2:03.54	1997	Erica Shepard
Mike Long Track Record	2:03.8	1986	Linda Detiefsen, Athletics West
ACC Outdoor Record	2:02.07	1983	Tina Krebs, Clemson
Collegiate Record	1:58.33	1985	Claudette Groenendaal, Oregon

## 1500 Meter Run

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

## 3000 Meter Run

FSU Outdoor Record	9:22.94	1984	Margaret Coomber
Mike Long Track Record	8:47.73	1984	Wendy Sly, Great Britain
ACC Outdoor Record	8:59.79	1983	Betty Jo Springs, NC State
Collegiate Record	8:37.25	1988	Vicki Huber, Villanova

## 5000 Meter Run

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

## 10,000 Meter Run

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

## 100 Meter Hurdles

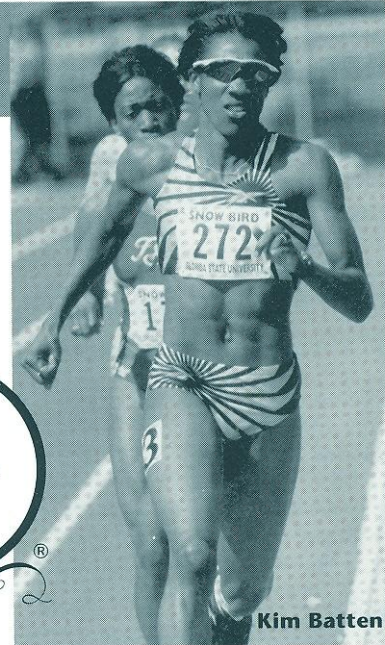
FSU Outdoor Record	13.06	1991	Kim Batten
Mike Long Track Record	12.92	1988	Kim McKenzie, FSU
ACC Outdoor Record	12.99	1998	Andria King, Georgia Tech
Collegiate Record	12.61	1988	Gail Devers, UCLA

## 400 Meter Hurdles

FSU Outdoor Record	53.98	1991	Kim Batten
Mike Long Track Record	56.08	1984	Angela Wright-Scott, Bud Light T.C.
ACC Outdoor Record	56.86	1992	Rebecca Russell, UNC
Collegiate Record	53.47	1984	Janeen Vickers, UCLA

## 4 X 100M Relay

FSU Outdoor Record	42.94	1983	Wright, Payne, Cliette, Givens
Mike Long Track Record	43.9	1984	Finn, Payne, Cliette, Givens, FSU
ACC Outdoor Record	43.79	1998	Clemson
Collegiate Record	42.50	1989	LSU



Kim Batten

## 4 X 400M Relay

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

## Long Jump

FSU Outdoor Record	21-8 1/2	1990	Sonya Blades
Mike Long Track Record	21-6 3/4	1986	Esmeralda Garcia, FSU
ACC Outdoor Record	22-1 3/4	1994	Marion Jones, UNC
Collegiate Record	23-9	1985, 1987	Jackie Joyner, UCLA

## Triple Jump

FSU Outdoor Record	44-10 3/4	1986	Esmeralda Garcia
Mike Long Track Record	43-6 3/4	1986	Esmeralda Garcia, FSU
ACC Outdoor Record	44-7	1998	Nicole Gamble, UNC
Collegiate Record	46-0 3/4	1990	Sheila Hudson-Strudwick, California

## High Jump

FSU Outdoor Record	6-1 3/4	1983	Wendy Markham
Mike Long Track Record	6-0 1/2	1984	Bridgette Reid, 1984, Canada
ACC Outdoor Record	6-3 1/2	1987	Kathy Harrison, Georgia Tech
		1992	Tisha Waller, UNC
Collegiate Record	6-6	1992	Amy Acuff, UCLA

## Shot Put

FSU Outdoor Record	49-5 1/2	1996	Shannon Cook
Mike Long Track Record	49-2	1988	Colleen Rosenteel, UF
ACC Outdoor Record	55-9	1983	Marita Walton, Maryland
Collegiate Record	62-3 3/4	1983	Meg Ritchie, Arizona

## Discus

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

## Javelin

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

## Heptathlon

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

# WOMEN'S ALL-TIME TOP PERFORMANCES

### 100 Meters

1. Michelle Finn	11.20	1986
Randy Givens	11.06(w)	1984
2. Brenda Cliette	11.23	1983
3. Randy Givens	11.27	1984
4. Esmeralda Garcia	11.32	1985
5. Andrea Thompson	11.35	1988
6. Patrice Verdun	11.40	1992
7. Sheryl Covington	11.41	1991
8. Marita Payne	11.43	1983
9. Tonya Carter	11.48	1998
10. Zuzette Mullings	11.49	1998

### 200 Meters

1. Randy Givens	22.31	1983
2. Marita Payne	22.62	1983
3. Michelle Finn	22.77	1986
4. Brenda Cliette	22.81	1984
5. Patrice Verdun	23.24	1992
6. Yashiva Edwards	23.27	1997
7. Casey Custer	23.29	1996
8. Janet Davis	23.36	1987
9. Sheryl Covington	23.39	1993
10. Andrea Thompson	23.50	1988

### 400 Meters

1. Marita Payne	49.91	1984
2. Sheryl Covington	51.85	1994
3. Brenda Cliette	51.92	1984
4. Sophia Danvers	52.18	1997
5. Janet Davis	52.37	1987
6. Kim Batten	52.53	1991
7. Angela Wright	52.61	1982
8. Yashiva Edwards	52.64	1997
9. Randy Givens	52.80	1984
10. Janet Levy	53.47	1985

### 800 Meters

1. Erica Shepard	2:03.54	1997
2. Orvill Dwyer-Brown	2:04.90	1982
3. Rikke Ronholt	2:05.84	1998
4. Scooby Golden	2:06.60	1983
Angela Harris	2:06.60	1992
6. Nancy Rettie	2:07.04	1985
7. Maria Embon	2:07.10	1997
8. Janet Wood	2:07.20	1981
Kelley Hackler	2:07.20	1985
10. Rose Giampalmo	2:07.96	1978

### 1,500 Meters

1. Nancy Rettie	4:18.56	1985
2. Margaret Coomber	4:19.60	1983
3. Carla Borovicka	4:19.92	1983
4. Carrie Boyd	4:23.26	1990
5. Jennie Messinese	4:23.50	1986
6. Kirsten Birmelin	4:28.82	1996
7. Brenda Moore	4:31.82	1985
8. Tracy Pepoon	4:33.55	1993
9. Kerstin Hoffman	4:33.62	1995
10. Angela Harris	4:34.39	1991

### 3,000 Meters

1. Margaret Coomber	9:22.94	1984
2. Carla Borovicka	9:34.15	1984
3. Darien Andreu	9:36.64	1981
4. Janie Regis	9:39.39	1985
5. Barbara Mathews	9:42.17	1988
6. Carrie Boyd	9:44.14	1989
7. Kirsten Birmelin	9:44.55	1996
8. Janet Bassford	9:46.00	1982
9. Kerstin Hoffman	9:49.20	1995
10. Colleen Curren	9:51.43	1983

### 5,000 Meters

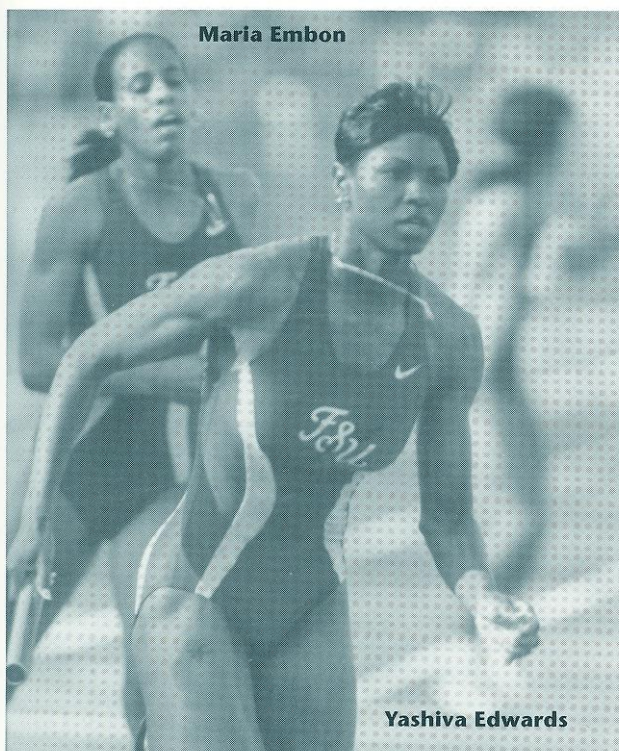
1. Darien Andreu	16:39.4	1981
2. Janie Regis	16:43.5	1985
3. Tracy Pepoon	17:12.66	1993
4. Barbara Mathews	17:42.38	1988
5. Michelle Farrell	17:56.78	1989

### 10,000 Meters

1. Kerrie Yenchak	34:27.75	1987
2. Darien Andreu	34:42.74	1981
3. Janie Regis	35:01.78	1985
4. Janet Bassford	35:52.20	1982
5. Barbara Mathews	36:11.70	1988
6. Michelle Farrell	37:04.90	1989

### 100 Meter Hurdles

1. Kim Batten	13.06	1991
2. Tonja Brown	13.42	1982
3. Mary Hawkins	13.44	1988
Andrea Thompson	13.44	1988
5. Carolyn Faison	13.60	1982
6. Kristen Thorne	13.61	1996
7. Carmellia Shivers	13.62	1991
8. Peggy Armand	13.66	1994
9. Joann Brown	13.71	1984
10. Kristen Thorne	13.73	1997



Maria Embon

Yashiva Edwards

(w) denotes wind-aided time

### 400 Meter Hurdles

1. Kim Batten	53.98	1991
2. Tonja Brown	56.46	1982
3. Angela Wright	56.74	1983
4. Orvill Dwyer-Brown	56.94	1983
5. Rikke Ronholt	57.30	1997
6. Radhiya Teagle	57.72	1995
7. Kristen Thorne	58.06	1997
8. Carmellia Shivers	58.55	1991
9. Chris McKay	58.86	1985
10. Kim Stephens	58.98	1992

### Long Jump

1. Sonya Blades	21'8 1/2"	6.61	1990
2. Esmeralda Garcia	21'7 1/2"	6.59	1986
3. Trinette Johnson	21'6"	6.55	1993
4. Kim Batten	20'9"	6.32	1988
5. Alice Bennett	20'6"	6.24	1983
6. Zuzette Mullings	20'4 1/2"	6.21	1998
7. Michelle Finn	20'1 1/2"	6.15	1986
8. Felicia Evans	19'11 1/2"	6.08	1993
9. Petena Moultrie	19'9 3/4"	6.04	1995
10. Scoobie Golden	19'9 1/2"	6.03	1979

### Triple Jump

1. Esmeralda Garcia	44'10 3/4"	13.68	1986
2. Kim Batten	42'6"	12.95	1991
3. Zuzette Mullings	41'10"	12.75	1998
4. Petena Moultrie	41'8 3/4"	12.72	1996
5. Chinette Johnson	40'11.50"	12.48	1998
6. Janet Levy	40'8 1/4"	12.40	1987
7. Felicia Evans	40'3 1/4"	12.27	1994
8. Shelby Connor	38'9.75"	11.83	1997
9. Peggy Armand	38'9 1/2"	11.77	1995

### High Jump

1. Wendy Markham	6'1 3/4"	1.86	1993
2. Holly Kelly	6'1 1/4"	1.86	1989
3. Indianne Henry	6'0 1/2"	1.84	1993
4. Christine Daniels	5'10"	1.78	1997
5. Carmelia Shivers	5'9"	1.75	1990
6. Latashia Crews	5'8"	1.73	1985
7. Peggy Armand	5'7"	1.70	1992
Michaela Steele	5'7"	1.70	1998
Shannon Steele	5'7"	1.68	1998
10. Rikke Ronholt	5'6"	1.68	1998

### Shot Put

1. Shannon Cook	49'5 1/2"	15.07	1996
2. Cathy Erickson	47'7 1/4"	14.51	1996
3. Lakeisha Mose	47'6.25"	14.48	1998
4. Vicki Smith	46'7 1/2"	14.21	1977
5. Donna Williams	46'3"	14.09	1984
6. Eleanor Majors	45'8"	13.92	1982
7. Andrea Pappas	44'5 1/2"	13.55	1997
8. Tonya Grannemann	42'3"	12.88	1992
9. Carolyn Darville	41'10 1/2"	12.76	1983
10. Latoshia Crews	39'2 1/2"	11.95	1986

### Discus

1. Shannon Cook	162'6"	45.59	1997
2. Cathy Erickson	153'6"	46.79	1995
Andrea Pappas	153'6"	46.79	1997
3. Tonya Granneman	150'5"	45.86	1990
4. Donna Williams	148'7"	45.57	1984
5. Rena Antanelis	145'2"	44.26	1990
6. Laura Goens	143'5"	43.71	1996
7. Kim Travers	140'	42.68	1976
8. Vanessa Fuchs	136'10"	41.71	1998
9. Heidi Hargett	134'9"	41.08	1991
10. Carolyn Darville	133'2"	40.60	1983

### Javelin

1. Kari Kieth	174'10"	53.30	1990
2. Cheryl Coker	167'	50.90	1985
3. Nancy Townsend	154'9"	47.18	1980
4. Rena Antanelis	149'8"	45.62	1983
5. Laura Gibbons	149'6"	45.58	1972
6. Rosa Diaz	145'6"	44.36	1989
7. Kim Stephens	145'3"	44.28	1991
8. Shannon Steele	141'6 1/4"	43.14	1998

### Hammer

1. Lakeisha Mose	178'6"	54.44	1998
2. Shannon Cook	157'6"	48.01	1997
3. Laura Goens	135'5"	41.18	1997

### Heptathlon

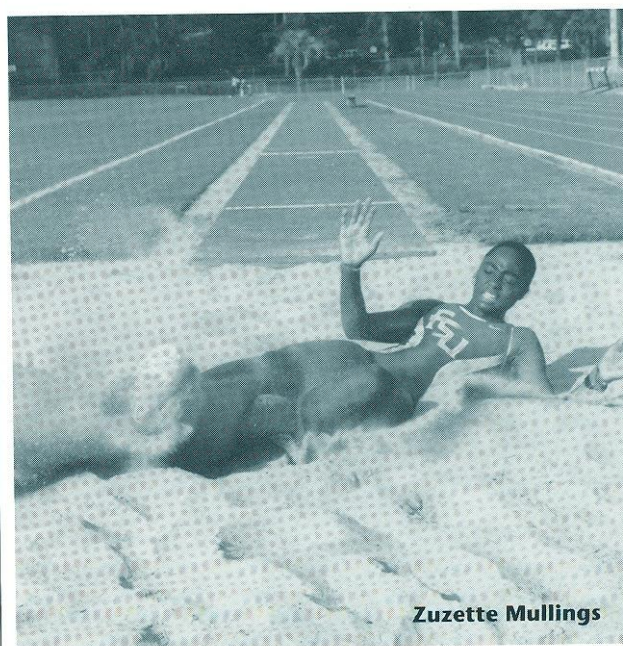
1. Carmellia Shivers	5410	1991
2. Kim Stephens	5251	1991
3. Chinette Johnson	5176	1998
4. Kim Mann	5143	1990
5. Candi Odom	4911	1991
6. Latoshia Crews	4900	1985

### 4X100 Relay

1. Wright, Payne, Cliette, Givens	42.94	1982
2. Levy, Thompson, Davis, Finn	43.19	1987
3. Finn, Payne, Cliette, Givens	43.54	1984
4. Wright, Payne, Cliette, Givens	43.73	1983
5. Garcia, Finn, Thompson, Levy	43.98	1985
6. Levy, Finn, Thompson, Davis	44.12	1986
7. Horton, Thompson, Davis, Curry	44.13	1988
8. Johnson, Covington, Verdun, Lyons	44.27	1992
9. Batten, Horton, Verdun, Johnson	44.30	1990
10. Garcia, Payne, Bennett, Givens	44.35	1981

### 4x400 Relay

1. Davis, Cliette, Givens, Payne	3:27.72	1984
2. Givens, Cliette, Wright, Payne	3:28.46	1983
3. Wright, Dwyer-Brown, Golden, Payne	3:28.70	1982
4. Wright, Dwyer-Brown, Givens, Payne	3:28.93	1984
5. Danvers, Edwards, Embon, Ronholt	3:30.17	1997
6. Danvers, Embon, Shepard, Edwards	3:31.18	1996
7. Embon, Edwards, Shepard, Ronholt	3:31.92	1997
8. Danvers, Teagle, Shepard, Covington	3:33.44	1994
9. Levy, Thompson, Davis, Curry	3:34.07	1987
10. Wright, Golden, Wood, Payne	3:34.80	1981



Zuzette Mullings



# WOMEN'S ALL-AMERICANS

## Cross Country

1981 Darien Andreau

## Indoor

1981 Darien Andreau-5,000m (5th); Alice Bennett-Long Jump (4th); Esmeralda Garcia-Long Jump (2nd); 60m (2nd); Angela Wright-400m (4th); Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne-4X200 (1st); Margaret Coomer-1,000m (3rd); Scooby Golden, Debbie Moore, Marita Payne, Angela Wright-4X400 (4th)

1982 Tanya Brown-60 yd. Hurdles (7th); Orvill Dwyer-Brown-600 yards (5th); Margaret Coomer-1,000 yards (8th); Carolyn Faison -60 yd. Hurdles (6th); Randy Givens-300 yards(4th); Angela Wright-440 yards (6th); Carla Borovicka, Ovrill Dwyer-Brown, Margaret Coomer-4X800 (1st); Alice Bennett, Randy Givens, Marita Payne, Janette Wood-4X200 (2nd); Tonya Brown, Ovrill Dwyer-Brown, Scooby Golden, Angela Wright-4X400 (2nd)

1983 Wendy Markham-High Jump (3rd)

1984 Carla Borovicka-1,500m (6th), Margaret Coomer-1,500m (5th); Michelle Finn-55m(4th); Ovrill Dwyer-Brown, Brenda Cliette, Janet Davis, Janet Levy, 4X400(2nd)

1985 Michelle Finn-55m (1st); Esmeralda Garcia-Triple Jump(1st); Nancy Rettie-1,000m (3rd); Kelly Hackler, Chris McKay, Brenda Moore, Nancy Rettie-4X800 (5th)

1986 Michelle Finn-55m (2nd); Esmeralda Garcia-Long Jump (2nd)

1987 Michelle Finn-55m (2nd)

1989 Kim Batten- Triple Jump (5th)

1990 Kim Batten- Triple Jump (5th); Carrie Boyd-4X800 (6th); Sonya Blades-long jump (9th); Carrie Boyd, Tracey Howze, Karla Severs, Angela Harris-4X800 (6th); Holly Kelly-High Jump(4th), Patrice Verdun-200m (6th), 55m

1991 Holly Kelly-High Jump (4th); Kim Batten-Triple Jump (5th)

1993 Sheryl Covington-55m (8th), 200m (7th); Trinette Johnson-Long Jump (8th)

1996 Erica Shepard-800m (7th), Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard-4x400 (2nd)

1997 Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard-4x400 (4th)

## Outdoor

1981 Esmeralda Garcia-Long Jump (2nd), 100m (5th); Randy Givens-200m (3rd); Marita Payne-400m (2nd); Angela Wright -400m (6th); Alice Bennett, Esmeralda Garcia, Randy

Givens, Marita Payne-4X100(1st); Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne-800m Medley Relay, (6th) Marita Payne, Angela Wright, Janette Wood-4X400 (4th)

1982 Alice Bennett-Long Jump (8th); Tonya Brown-100m Hurdles (4th), 400m IM hurdles (1st); Margaret Coomer-1,500m (7th), 200m (3rd); Wendy Markham-High Jump (tied 5th); Marita Payne- 200m (4th), 400m (7th); Ovrill Dwyer-Brown, Randy Givens, Marita Payne, Angela Wright-4X400 (2nd); Alice Bennett, Randy Givens, Marita Payne, Angela Wright-4X100 (2nd)

1983 Ovrill Dwyer-Brown-400m IH (8th); Brenda Cliette-100(3rd), 200m (4th), Randy Givens-100m (6th), 200m (3rd); Wendy Markham-High Jump (2nd); Marita Payne-200m (6th), 400m (5th); Angela Wright-400m IH (3rd); Brenda Cliette, Randy Givens, Marita Payne, Angela Wright-4X100 (1st); Brenda Cliette, Randy Givens, Marita Payne, Angela Wright-4X400 (1st)

1984 Ovrill Dwyer-Brown-400m IM hurdles (8th); Brenda Cliette-100 (2rd), 200m (2nd); Janet Davis-200m (6th); Michelle Finn-100m (4th); Randy Givens-100m (1st), 200m (6th); Marita Payne-200m (3rd), 400m (1st); Brenda Cliette, Michelle Finn, Randy Givens, Marita Payne-4x100 (1st); Brenda Cliette, Janet Davis, Randy Givens, Marita Payne-4X400 (1st)

1985 Michelle Finn-100m (1st), 200m (2nd); Esmeralda Garcia-Triple Jump(1st), Long Jump (5th), 100m (3rd); Michelle Finn, Esmeralda Garcia, Andrea Thompson, Janet Levy -4X100 (3rd)

1986 Michelle Finn-100m (5th), 200m (7th); Michelle Finn, Esmeralda Garcia, Janet Levy, Andrea Thompson- 4X400 (5th) Esmeralda Garcia-Triple Jump (2nd)

1987 Janet Davis- 400m (5th); Michelle Finn-100m (4th); 200m (6th); Michelle Finn, Janet Davis, Janet Levy, Andre Thompson-4X100 (1st)

1990 Kari Keith-Javelin (8th); Kim Batten-100m (8th), 400m IH (2nd); Carmelia Shivers-Heptathlon (9th); Patrice Verdun, Lida Horton, Trinette Johnson, Kim Batten-4X100 (4th)

1991 Holly Kelly-High Jump (4th); Carmelia Shivers-Heptathlon (10th); Kim Batten-100m (4th), 400m IH (3rd); Andi Lyons, Sheryl Covington, Verdun, Kim Batten-4X100 (6th)

1992 Trinette Johnson-Long Jump (6th); Patrice Verdun-200m (9th); Trinette Johnson, Patrice Verdun, Andi Lyons, Sheryl Covington-4X100 (7th)

1993 Trinette Johnson-Long Jump (7th)  
1994 Sheryl Covington-400m (5th); Sheryl Covington, Sophia Danvers, Erica Shepard, Radhiya Teagle-4X400 (8th)

1996 Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard-4X400 (2nd)

1997 Casey Custer, Sophia Danvers, Yashiva Edwards, Zuzette Mullings-4X100 (2nd); Sophia Danvers, Yashiva Edwards, Maria Embon, Rikke Ronholt-4X400 (7th)

## Individual NCAA Champions

Tonya Brown-1982 Outdoor 400m IH  
Michelle Finn-1985 Indoor 55m, 1985 Outdoor 100m

Esmeralda Garcia-1985-Indoor Triple Jump, 1985-Outdoor Triple Jump

Randy Givens-1984 Outdoor 100m, 1984 Outdoor 200m

Marita Payne-1982 Outdoor 400m, 1984 Outdoor 400m

## NCAA Championship Relay Teams

1981 Indoor 800-Meter Relay 1:36.88  
Esmeralda Garcia, Alice Bennett, Marita Payne, Randy Givens

1981 Outdoor 400-Meter Relay 44.35  
Esmeralda Garcia, Alice Bennett, Marita Payne, Randy Givens

1982 Indoor Two-Mile Relay 8:47.27  
Janette Wood, Ovrill Dwyer-Brown, Carla Borovicka, Margaret Coomer

1983 Outdoor 400-Meter Relay 42.94  
Angela Wright, Marita Payne, Brenda Cliette, Randy Givens

1984 Outdoor 1600-Meter Relay 3:28.46  
Angela Wright, Marita Payne, Brenda Cliette, Randy Givens

1987 Outdoor 400-Meter Relay 43.19 Janet Levy, Andrea Thompson, Janet Davis, Michelle Finn

## Lady Seminoles in the Olympics

1996 Atlanta, Kim Batten (USA) 400m IH (Silver)

1992 Barcelona, Michelle Finn (United States) 4x100 (Gold Medal)

1988 Seoul, Marita Payne (Canada) 400m  
1984 Los Angeles, Marita Payne (Canada), 400m (4th) 4x100 (Silver), 4x400 (Silver)

Randy Givens (United States) 200m (6th) Esmeralda Garcia (Brazil) 100m, Long Jump Brenda Cliette (United States) 4x100 (alternate) Angela Wright-Scott, Ovrill Dwyer-Brown (Jamaica) 400m Hurdles



# WOMEN'S SPORTS AT FLORIDA STATE UNIVERSITY



WOMEN'S ATHLETICS

Florida State University  
1968 • 1998



Florida State kicked off the year celebration (below) when volleyball's Gabrielle Reece returned to Tallahassee in July to help unveil the 30th Anniversary logo.

While women's athletics has held a rich tradition in Tallahassee since the early 1900's when Florida State was the Florida State College for Women, the 1998 season marks the 30th Anniversary for a continuous women's athletics program at Florida State University.

Through the years, a foundation of excellence, both athletically and academically, has been planted upon which a winning tradition continues to grow.



### 1979-1983

Sharon Spuler (right) – Swimming 11-time All-American.



Lenore Gribble (left) – Swimming 10-time All-American.

The 1981 season marked the first of two straight *AIAW National Championships* for Head Coach JoAnne Graf and the Lady Seminole *softball* program.



Head Coach Verlyn Giles led Florida State to the *1981 AIAW National Collegiate Golf Championship title*.



Softball's Darby Cottle (right), a two-time All-American, was named the slowpitch National Player of the Year in 1982.



Jamie Kaplan (left) and Lee McGuire were the first two women's tennis players at Florida State to earn an invitation to the NCAA tournament.

### 1984-1988

One of the most prolific scorers ever to play at Florida State, Sue Galkantas (right) scored an unbelievable *2,323 points*, the most points scored by a *basketball* player – male or female – in FSU history.



The Florida State *track and field* team brought home the *NCAA Outdoor National Title* in 1984 and the *NCAA Indoor National Title* in 1985.

In 1987, All-American Tiffany Daniels led the Lady Seminoles to their first *College World Series*.

### 1989-1993

Volleyball won five *Metro Conference Tournaments*, three during the career of standout Gabrielle



### 1968-1973

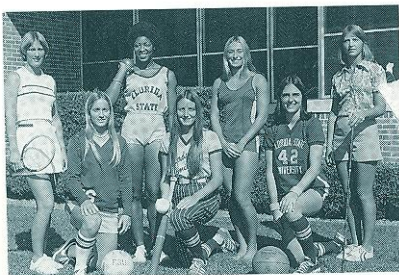
In 1968, the volleyball team was Florida State's first women's intercollegiate athletics team. Women's track and field was added as an inter-collegiate sport in 1969. The volleyball squad played in its first national tournament in 1972.

### 1974-1978

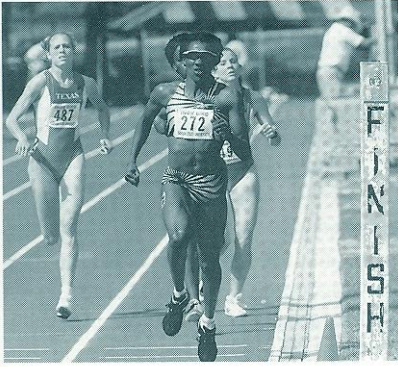
The Lady Seminole logo became the symbol for Florida State women's athletics in the 1974-75 season.

By the 1975-76 season, Florida State University sponsored seven women's intercollegiate teams.

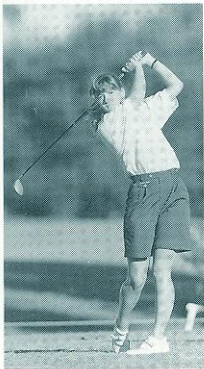
"Lady Seminoles Symbolizes Upgraded Women's Athletics"



**Reece.** Reece has gone on to captain Team Nike in the Bud Light Four-Woman Tour.



**Kim Batten** (above, center) established herself as one of the finest *track* athletes in school history. The nine-time All-American set the world record in the 400-meter hurdles in 1995 and won the *Silver Medal* in the **1996 Summer Olympics** in Atlanta, Ga.

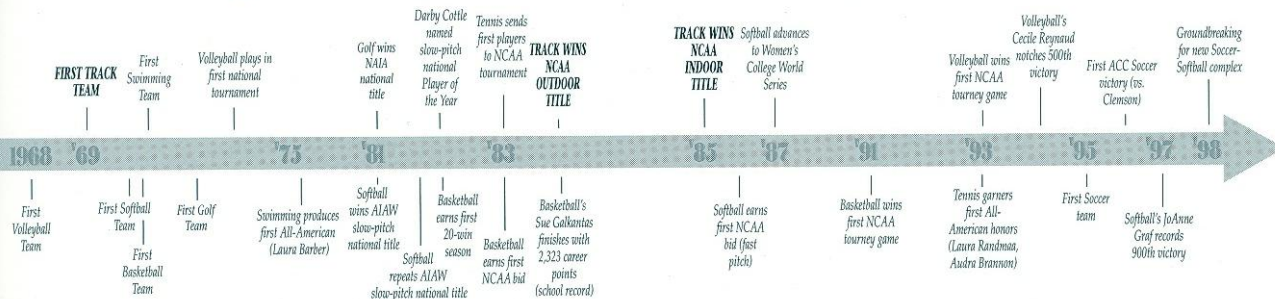


Florida State golf's **Kathy Grant** (left) won the **Metro Conference Individual Championship** title in 1990.

The 1990-91 women's **basketball** team placed first at the **1991 Metro Conference Tournament** and went on to record its first win in NCAA Tournament play and advanced to the tournament's second round.

In 1992 the Lady Seminole **softball** team earned its first of six **ACC Tournament titles** (to date) on its way to recording a program best 63-9 record.

## Following FSU's Women in Sports...



## 1994-1998

A new era of Florida State athletics began in 1995 with the addition of women's *soccer*.



These **1995 ACC Individual Champions** (above) are just a glimpse of the success that the FSU women's *swimming team* has had.

All-American **Lori Sowell** (right) gave FSU its best-ever individual performance at the NCAA Division I **Tennis Championships** when she reached the third round at the 1996 Championships which was hosted by Florida State.



**Shamalene Wilson** (below) began her *softball* career as ACC Rookie of the Year and four years later concluded with ACC Player of Year honors as well as First Team All-American accolades.



In 1997, softball's **Dr. JoAnne Graf** (below) became just the second coach in NCAA Division I *softball* history to amass **900 victories**.

Groundbreaking ceremonies (below) for Florida State's new state-of-the-art *soccer/softball complex* were held in the spring of 1998.



## FSU'S WOMEN'S NATIONAL CHAMPIONS

**1981**  
Golf/AIAW Champions

**1981 & 1982**  
Softball/AIAW Champions

**1984**  
TRACK - NCAA OUTDOOR CHAMPIONS

**1985**  
TRACK - NCAA INDOOR CHAMPIONS

# Track & Field Media Guide



# SPORTS COMPLIANCE AT FLORIDA STATE UNIVERSITY



Robert Minnix  
Associate AD  
for Compliance and  
Legal Affairs

*The following information is provided by the Florida State Office of Compliance for prospective student-athletes. It is intended as a guideline to introduce some of the rules governing NCAA athletic involvement.*

## Who is permitted to recruit for FSU?

Only Florida State University coaches who have successfully completed the NCAA Recruiting Rules Examination on an annual basis may be involved in the recruitment process. Representatives of our athletics interests may not make any recruiting contacts. This includes letters, telephone calls or face-to-face contact on or off campus with a prospect or the prospect's parents.

## Key terms you should know

You become a prospective student-athlete if you have started classes for the ninth grade. Before the ninth grade, you become a prospective student-athlete if the college provides you (or your relatives or friends) any financial aid or other benefits that the college does not provide to prospective students generally.

A contact is any face-to-face encounter between a prospect or the prospect's legal guardian and an institutional staff member or athletic representative during which any dialogue occurs in excess of an exchange of greeting. NOTE: At the Division I level, athletic representatives (boosters) may not contact you for the purpose of recruiting. A college coach may contact you in person off the college campus beginning July 1 after completion of your junior year in high school.

An evaluation is any off-campus activity designed to access your academic qualifications or athletic ability, including any visit to your high school (during which no contact occurs) or the observation of any practice or competition in which you participate.

During your senior year, you can have one expense-paid official visit to a particular campus. You may receive no more than five visits. During your official visit, which may not exceed 48 hours, you may receive round-trip transportation between your home and the campus, and you (and your parents) may receive meals, lodging and complimentary admission to campus athletics events.

## Phone Calls & Letters

Phone calls from faculty members and coaches (but not boosters) are permitted beginning July 1 after completion of your junior year. A college coach or faculty member is limited to one telephone call per week except when it is:

- During the five days immediately before your official visit to the university
- On the day of a coach's off-campus contact with you
- During the time beginning with the initial National Letter of Intent signing date in your sport through the two days after signing date

Letters from coaches and faculty members (but not boosters) are not permitted until September 1 at the beginning of your junior year in high school. A Division I university may provide you with the following printed materials:

- General correspondence, including letters, U.S. Postal Service postcards and institutional note cards
- Game programs which may not include posters and one Student Athlete Handbook can be provided only during official or unofficial visits to the university's campus
- NCAA educational information
- Pre-enrollment information subsequent to signing a National Letter of Intent with the university
- One athletic publication which may include only one color of printing inside the covers
- Official academic, admissions and student services publications published or videotapes produced by the institution and available to all students
- Schedule cards
- Questionnaires which may be provided prior to your junior year
- Summer camp brochures which may be provided prior to your

junior year.

## Alumni and Boosters Do's and Don'ts

You may forward information about prospective student-athletes to the appropriate coaches.

You may have contact with a prospect regarding permissible pre-enrollment activities such as summer employment, provided the prospect has already signed a National Letter of Intent and the Compliance Office is aware that you are making these contacts in regard to employment.

You may have a telephone conversation with a prospect only if the prospect initiates the call. Such a call may not be prearranged by an institutional staff member and you are not permitted to have a recruiting conversation, but may exhibit normal civility. You must refer any questions about our athletics programs to an athletics department staff member/coach.

You may view a prospect's contest at your own initiative provided you do not contact the prospect or his/her parents. In addition, you may not contact a prospect's coach, principal, or counselor in an attempt to evaluate the prospect.

You may continue established family relationships with friends and neighbors. Contacts with sons and daughters of these families are permitted as long as they are not made for recruiting purposes or encouraged by Florida State University coaches.

You may not become involved in making arrangements to receive money or financial aid of any kind for a prospect or the prospect's family and friends.

You may not make contact with a prospective student-athlete and his/her parents when the prospect is on campus for an official or unofficial recruiting visit.

You may not transport, pay or arrange for payment of transportation costs for a prospect, and his/her relatives or friends to visit campus (or elsewhere).

You may not pay or arrange for payment of summer camp registration fees for a prospect.

You may not provide anything to a prospect, the prospect's family or friends without prior approval from the athletics' Compliance Office.

# ACADEMICS AT FLORIDA STATE UNIVERSITY

## Student-Athlete Services & Academic Support

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

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

To accomplish this goal we have developed an academic environment which facilitates the academic success of student-athletes. Student success is encouraged through competent aca-

ademic counseling, career exploration, planning and placement and academic assistance through tutorial programs.

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

The academic support staff includes a director, five counselors, and three graduate interns forming a group of professionals serving the needs of all student-athletes. The director, Mark Melaney, is in his second year as the head of the program. Melaney served as the interim director after the departure of Dr. Roger Grooters, who took over a similar position at Michigan State University.

From left to right: Trudy Raybun, Kevin White, Mark Melaney (Director), Matt Schmauch, Amy White and, Magdi El Shahawy.



Senior All-American Rikke Ronholt is a four-year ACC Honor Roll member.

In 1994, the academic programs moved to the state-of-the-art University Center and are located on the sixth floor of the \$126 million facility. It includes private study carrels, a tutorial study area and a computer lab outfitted with 16 new IBM computers and laser printers. In addition, athletic sky boxes are utilized for group and individual tutorial instruction.

## ACC Academic Honor Roll Members\* 1997-98 School Year

- Lindsay Adkins (2)
- Melanie Black (2)
- Todd Crannell (3)
- Diana Hartnup (2)
- Christa King (2)
- Jody Lawrence (2)
- Ryan Owaski (2)
- Charlie Proulx (2)
- Rikke Ronholt (4)
- Xuan Stevens (3)

\*List includes current track and field athletes who have been named to the list for more than one year.

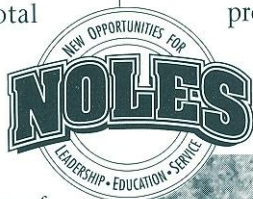


# LIFE SKILLS AT FLORIDA STATE UNIVERSITY

## The N.O.L.E.S. Program

*(New Opportunities for Leadership, Education and Service)*

Developed by the Florida State University Department of Athletics, the NOLES program represents a commitment to the total growth and development of the student-athlete. This program establishes an administrative commitment to academic and athletic excellence. Those efforts will be supported with programs and services in personal development, career development and community service.



## Personal Development

Fostering the development of personal growth is a fundamental component of the NOLES program. These support programs ensure that the student-athlete will be provided opportunities to focus on personal growth issues such as values clarification, goal setting, fiscal planning, decision making and personal responsibility. Programming focuses on helping student-athletes develop a healthy lifestyle while they are at Florida State and habits that will benefit them for life.

## Career Development

Preparing for life after college sports is a major focus of the NOLES Career Development program. The program is designed to work cooperatively with the University's Career Services to acquaint students with the job search process, provide networking opportunities and ultimately assist with job placement. This program places a priority on the development of the total person, with the goal of developing individuals who will have rewarding careers and productive lifestyles after they leave Florida State.

## Community Service

Serving the community is the focus of our Seminole Spirit program. Student-athletes are challenged to give service to our community and individuals who are in need. With a clearly defined program of service, student-athletes are given the opportunity to develop the foundation for a

benefit them as students, as athletes, and as they pursue their goals after leaving Florida State. The Institutes are based on building communication skills. Students have the opportunity to use the values and work ethic taught by athletic participation as the framework for their leadership development. The Institutes attract outstanding guest speakers who challenge Seminole student-athletes



lifelong commitment to volunteerism. The Seminole Spirit Student-Athlete Speakers' Bureau enables student-athletes to improve their speaking skills, develop effective communication and impact the lives of others through their service as role models in our community.

## Leadership Development

The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The foundation of the leadership development program are the Seminole Leadership Institutes that are held four times a year. These Institutes offer student-athletes the opportunity to learn skills that will

to achieve their greatest potential and use their leadership skills to positively influence others.

The Student-Athlete Advisory Council (SAAC) serves as the advisory board to the NOLES program and the athletics administration. The prestigious board, comprised of two representatives of each athletic team at FSU, also recommends programming and serves as a liaison between student-athletes and the athletics administration. The Advisory Council plans and implements various events for student-athletes and serves as the department's most visible ambassadors. The SAAC hosted the annual Golden Nole banquet and planned such events as orientation for incoming student-athletes and the back-to-school picnic.

# THE FLORIDA STATE UNIVERSITY

Florida State University, recently celebrating its golden anniversary as a coeducational graduate research institution in 1997, has joined the nation's elite in both academics and athletics.

Located on the oldest continuous site of higher education in Florida and building rapidly on the framework of a highly re-garded liberal arts college for women, the University has emerged over the past 50 years as an institution of national and international esteem. Its stature is evidenced by a number of additions to its record of excellence in the 1990s:

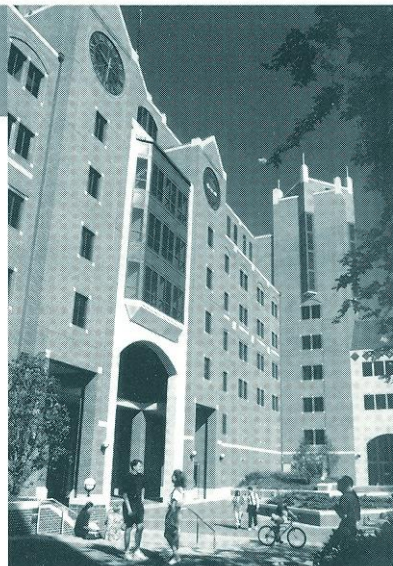
- In 1994, Florida State was classified a "Research University I" by the Carnegie Foundation, placing it among the nation's top research universities.



- In 1994, the college referral service, "Who's Who Among American High School Students," placed FSU among its top 10 – with such universities as Harvard, Duke, Stanford, North Carolina-Chapel Hill, Michigan-Ann Arbor and Yale – of most frequent choices of more than 100,000 of the nation's best and brightest high school students who asked that a specific college be notified of their recognition in "Who's Who."
- Vice President of the United States Al Gore (above) spoke at the dedication of the National High Magnetic Field Laboratory at Florida State in 1994. The Na-

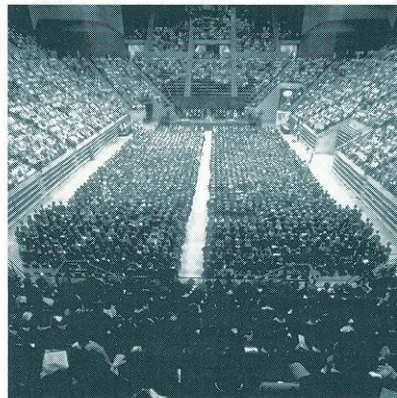
tional Science Foundation established the \$100 million magnet lab in 1990 at FSU, which is partnered in research with the Los Alamos National Laboratory and the University of Florida. A Nobel laureate in physics and a top Russian physicist were among the first scholars drawn to the faculty. The world's largest magnet – two stories high and capable of generating 45 tesla or 1 million times the Earth's magnetic field – was installed in 1995 at the NHMFL, located in the off-campus research complex, Innovation Park. In 1996, the NSF renewed and increased by 50 percent the NHMFL's funding for another five years.

- FSU created the first multipurpose student identification/banking card. The Card Application Technology Center is a national leader in "smart card" systems.
- At the forefront of supercomputing since obtaining its first high-speed computer in 1985, FSU took yet another step in ultrafast and parallel computing in 1990 when it acquired two super-computers, the Thinking Machine Corp. Connection Machine and the Cray Y-MP.
- In fall 1994, the first tenants moved into the east side of the \$100 million University Center, a classroom-and-office facility at Doak Campbell Stadium; the stadium's south end zone also



was enclosed and the adjacent Moore Athletic Center expanded. With the completion of the west side in 1996, University Center now provides 550,000 square feet of much needed academic space and a centralized location for student services.

- In 1990, Florida State ranked second in popularity nationwide among high school seniors, based on the number of students who request that their Scholastic Aptitude Test (SAT) scores be sent to an institution. FSU was the only institution listed among the top 10 choices of both black and white college-bound students.
- FSU's high-tech program in structural biology in 1991 received the University's largest single foundation grant, \$4 million.
- Capping more than a decade of national prominence in intercollegiate athletics, Florida State's athletic teams, nick-



## Track & Field Media Guide



# 1999 Florida State University

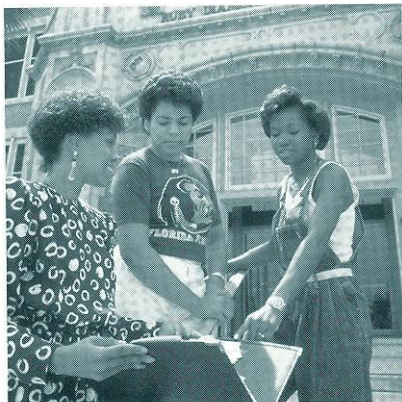
named "Seminoles," joined the Atlantic Coast Conference as its ninth member in 1990. The FSU football team won the 1993 National Championship and its quarterback, Charlie Ward, won the University's first Heisman Trophy.

- The Dr. Bobby E. Leach Center, a state-of-the-art student recreation facility, with a pool, saunas, basketball and racquet-sport courts, was completed in 1991.
- FSU ranked 20th in the nation for 1990-91 in the number of black Ph.D. students it graduates. Over the five years, 1986 to 1990, FSU ranked eighth nationally by granting doctorates to 70 African Americans.

As this list of highlights attests, Florida State is excelling in the 1990s with exceptional strength, energy and vision for the future. Under the leadership of the University's 12th president, Talbot "Sandy" D'Alemberte, who took office in January 1994, FSU will continue to build on the foundation of its history of excellence in scholarship, research and service.

A senior member of the 10-member State University System, FSU was founded as an institution of higher learning in 1851 by legislative act and began in Tallahassee with its first students in 1857.

Today, FSU's operating budget is \$474.3 million. Faculty and administrators generate more than \$102 million annually in external funding to supplement state-sponsored research. Three direct-support organizations serve to bolster the University: FSU Foundation, which raises millions in private gifts to sup-



port academics, Seminole Boosters and FSU Alumni Association.

The main campus is spread over 451.6 acres in Tallahassee; FSU, which has one of the smallest campuses in the SUS, has been actively acquiring land in the 1990s after years of being landlocked at 347 acres. FSU owns 1,281 acres in Leon, Bay, Franklin, and Sarasota counties.

Within the state, the University maintains facilities at its 25-acre campus in Panama City, its Marine



Laboratory on the Gulf of Mexico, the Appleton Museum in Ocala and the Asolo Performing Arts Center in Sarasota. The Center for Professional Development and Public Service, housed in the Augustus B. Turnbull III Florida State Conference Center on the edge of the campus, provides extensive credit and non-credit continuing education programs statewide.

For years FSU has reached far beyond Florida through international programs in Switzerland, France, Panama, Cost Rica, and the Caribbean. FSU's study centers in Florence, Italy, and London, England, are considered by many to be the nation's best in Europe. Florida State offers 286 graduate and undergraduate degree programs through its eight colleges – Arts and Sciences; Business; Communication; Education; Engineering (operated jointly with Florida A&M University, a historically black institution); Human Sciences; Law; and Social Sciences

(which also incorporates the Reubin Askew School of Public Administration and Policy) – and eight schools – Criminology and Criminal Justice; Information Studies; Motion Picture, Television and Recording Arts; Music; Nursing; Social Work; Theatre; and Visual Arts and Dance.

With 1,655 members, the FSU faculty has included nine National Academy of Sciences elected members, nine American Academy of Arts and Sciences fellows and five Nobel laureates. It is backed by 2,887 administrative/professional and support staff.

Library holdings at Florida State include 2.1 million book titles, 16,384 serials and 4.5 million microforms. The main library facility, the Robert M. Strozier Library, is linked by computer to other state university and national research libraries. The Paul A.M. Dirac Science Center Library is located at the heart of the University's science research complex. FSU also maintains extensive music, science, and law libraries.

Graduate students, who number more than 5,929, pursue advanced degrees in fields as diverse as business administration and theoretical particle physics. A majority of research done at FSU is the direct result of student effort, culminating in numerous books, monographs, and journal articles relating to the whole spectrum of intellectual interests and the practical needs of society.

FSU, a residential campus, places a high priority on its 30,519 students and their needs and interests (of the student population: 45 percent are male; 55 percent are female; 20.1 percent are minorities; and 2.5 percent are foreign students). The University Honors Program, Disabled Student Services, International Student Center, Student Government, Flying High Circus, and intramural sports are among more than 200 organizations and activities in which students may participate.

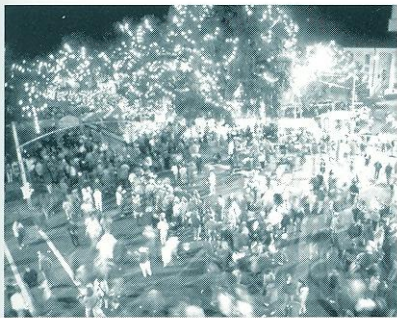
In all areas of its mission – excellence in teaching, research, and public service – Florida State University is advancing boldly toward the 21st century.



## OUT AND ABOUT TALLAHASSEE

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

Best known as Florida’s capital, Tallahassee is an intimate neo-metropolitan city where the power of state government, the



academic and the artistic are complemented by subtle, old-fashioned charm. It is the perfect two- or three-day diversion for the more than 41 million annual visitors to Florida and 13 million residents.

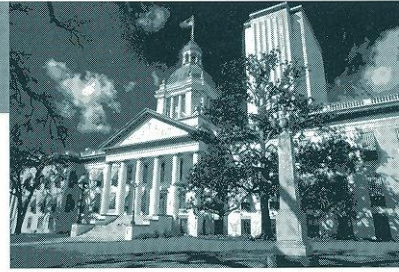
Tallahassee touts a menagerie of sights including one of the world’s deepest freshwater springs, site of America’s first Christmas, a wildlife habitat, Capitol buildings, fascinating museums of history, sprawling plantations, highly acclaimed fishing and hunting adventures and nearby beaches. Spirited area festivals range from celebrations of Tallahassee’s spectacular spring and swamp stomps to genuine rattlesnake roundups and seafood festivals.

With the Gulf of Mexico just 20 miles south and the Georgia border only 14 miles north,

Tallahassee rests between the foothills of the Appalachian Mountains and the juncture of Florida’s panhandle and peninsula. Nearer in miles to Atlanta than to Miami, Tallahassee more closely resembles its Southern neighbors than Florida in topography, climate, and lifestyle.

Accentuating Tallahassee’s Southern persona are lush rolling hills, likened to the seven hills of Rome, and five “official” canopy roads of patriarch oaks. The fertile, rich soil and four distinct, yet pleasant, seasons breed floral brilliance and natural vitality year-round.

Like the city itself, the story of how Tallahassee was chosen as the state capital is rich in history. In 1823, two explorers set out — one on horseback from St. Augustine and the other by boat from Pensacola — to find a permanent, central location for the Legislature to convene. The two met at a beautiful site that the Creek and Seminole Indians called “tallahassee” — derived from the words “talwa” meaning town and “ahasee” meaning old. The rendezvous point remains Florida’s capital.



The “old town” has undergone many changes, but one thing remains the same — it is still a government town fiercely proud and dedicated to preserving its heritage. The Capitol buildings, both old and new, epitomize Tallahassee’s perseverance.

The 22nd floor of the New Capitol provides a panoramic scope of a sophisticated Southern city awash in a sea of flowering azaleas, snowy dogwoods, towering pines, fragrant magnolias, and hundreds of shimmering lakes, springs, swamps, rivers, and sink holes. Special legislative viewing galleries are open during the legislative session.

Below, in the shade of giant live oaks, proudly stands the Old Capitol, originally constructed in 1845 and restored to its 1902 splendor complete with red-and-white candy-striped awnings, a dome adorned with stained glass, antique furnishings and political memorabilia.



## Track & Field Media Guide



# 1999 Florida State University

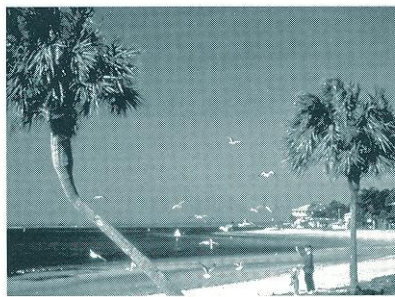
Across from the Old Capitol are the 40-foot twin granite towers of the Vietnam Veteran's Memorial, and the blue stone Union Bank, Florida's oldest surviving financial institution. The nostalgic Old Town Trolley, a replica turn-of-the-century street car, carries passengers through restored Adams Street Commons to numerous other historical downtown shops for free – unheard of even 100 years ago.

Minutes from downtown lies the Governor's Mansion, which resembles the home of Florida's military hero Andrew Jackson; and the 52-acre natural animal habitat and 1880s farm



of the Tallahassee Museum of History and Natural Science, which provide the rare chance to walk and talk with native Florida animals.

Tallahassee remains firmly linked with the past as evidenced by the unearthed 1539 winter encampment of Spanish Hernando de Soto, the site of the first Christmas celebration in America. Visitors travel back through time as they stand in the shadow of a giant 12,000-year-old American Mastodon at the Museum of Florida History or explore other historical spots including The Knott House that Rhymes, The Columns, San Luis Mission, Lake Jackson State Archaeological Site, Natural Bridge Battlefield, First Presbyterian Church, Brokaw-McDougall House, Goodwood Plantation, and Adams Street Commons.



Nearby, alligators lazing in the sunshine and anhinga "snake birds" perched on twisted cypress branches are seen at Wakulla Springs, one of the world's deepest fresh water springs and site of many underwater scenes in the "Tarzan" movies with Johnny Weissmuller and Maureen O'Sullivan. Safaris aboard glass-bottomed and jungle cruise boats whisk visitors within arm's length of "The Other Florida."

Outdoor enthusiasts enjoy adventures including boating and fishing on area lakes, rivers, ponds, and the

Gulf – just 30 minutes away. Lakes Seminole, Jackson and Talquin are renowned in the bass fishing world for yielding the "big ones," and dense forests of-

fer an abundance of prize-winning game. Local wildlife areas such as the Florida National Scenic Trail, St. Marks National Wildlife Refuge, and Apalachicola National Forest are among many spots for camping, picnicking, swimming, biking, and exploring.

Appealing to the strokes of different folks, Tallahassee also features 99 holes of golf on six courses and a proliferation of tennis centers. Sideline athletes cheer the nationally-ranked Florida State Seminoles, Florida A&M Rattlers, and the Tallahassee Tiger Sharks of the East Coast Hockey League. And always a sure bet are the nearby greyhound races.

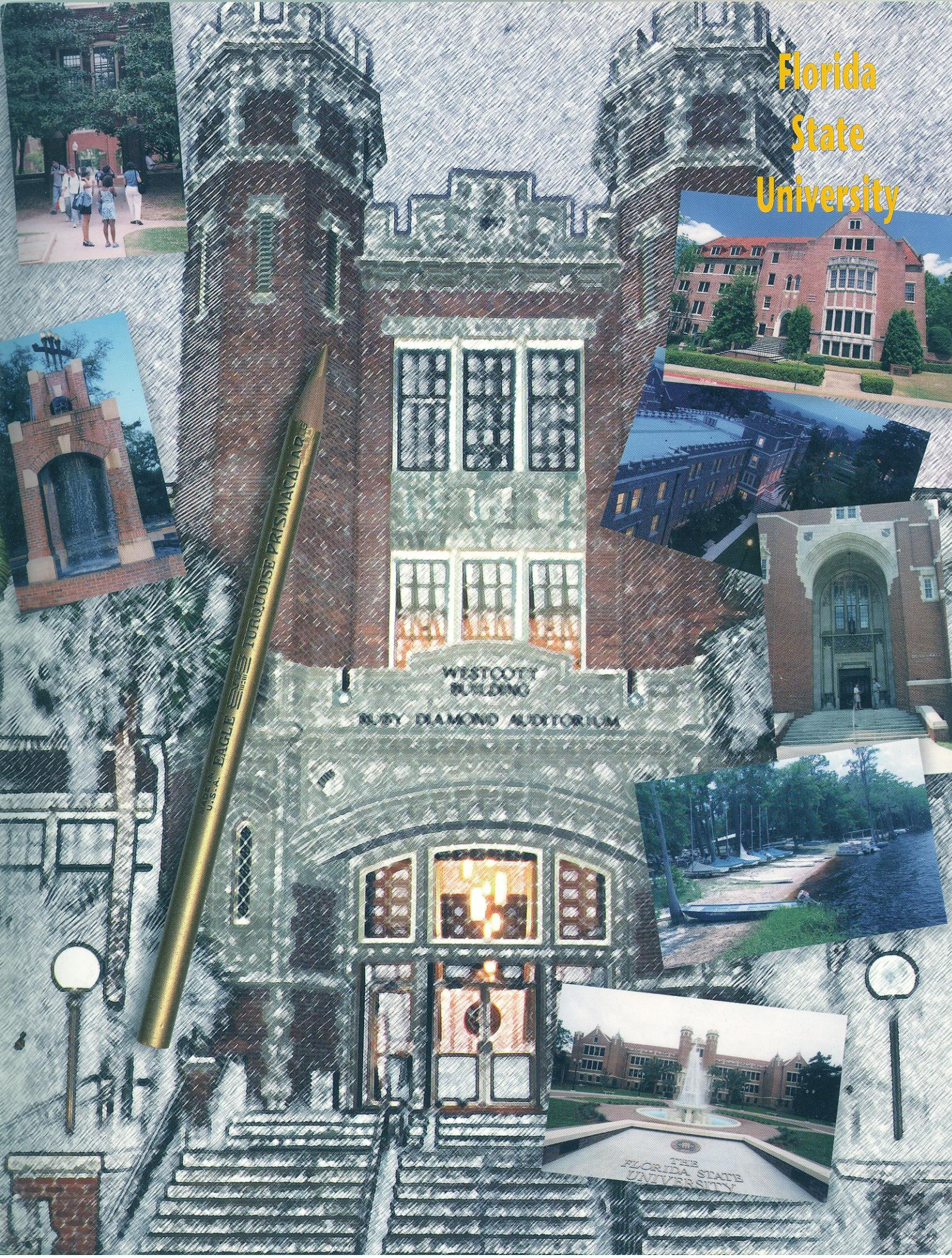
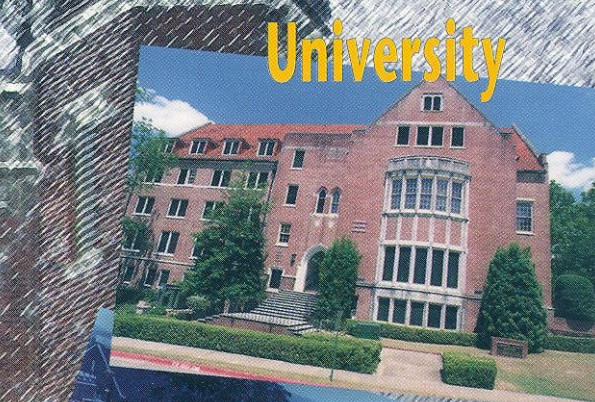
A sport of sorts, shopping at two regional malls and many specialty centers offer many "playing options" – from popular chains to curiosity and antique shops.

Cultural interests are sparked by widely-acclaimed museums and galleries and elaborate entertainment at the 14,000-seat Tallahassee-Leon County Civic Center.

Tallahassee is a collaboration of power-play politics and classical character splashed with a twist of Southern beauty and charm. Tallahassee is Florida with a Southern accent.



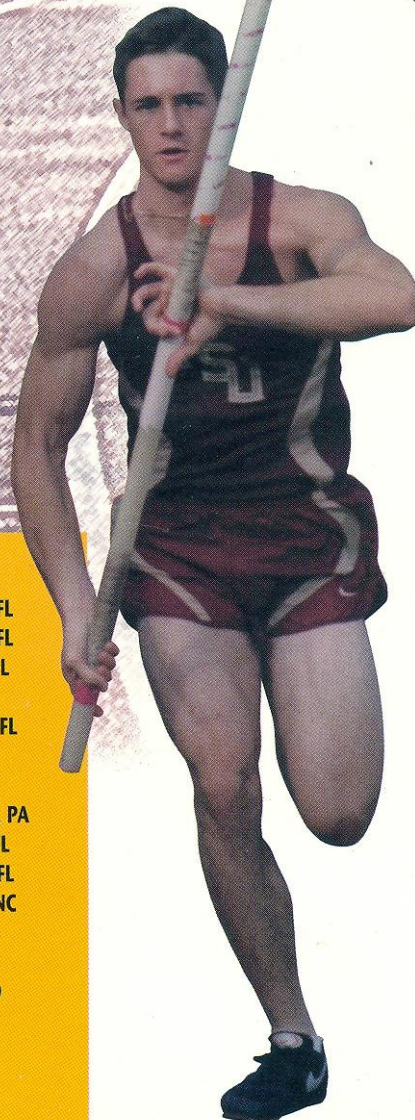
# Florida State University



# 1999 FLORIDA STATE TENTATIVE TRACK & FIELD SCHEDULE

## Indoor Track & Field

January 16	Florida Intercollegiates	Gainesville, FL
January 22	Florida Invitational	Gainesville, FL
January 30	ACC/SEC Challenge	Gainesville, FL
February 5	Iowa State Invitational	Aimes, IA
February 13	TBA	
February 19-20	ACC Indoor Championships	Blacksburg, VA
February 26-27	USAT&F Indoor Championships	Atlanta, GA
March 5-6	NCAA Indoor Championships	Indianapolis, IN



## Outdoor Track & Field

March 13	FAMU Relays	Tallahassee, FL
March 17-20	FSU Relays	Tallahassee, FL
March 26-27	Florida Relays	Gainesville, FL
April 3	Texas Relays	Austin, TX
	or UNF Invitational	Jacksonville, FL
April 10	FSU/Ohio St./FIU Tri-Meet	Tampa, FL
April 17-18	ACC Outdoor Championships	Clemson, SC
April 22-24	Penn Relays	Philadelphia, PA
May 1	FSU/UF/Fresno St. Tri-Meet	Gainesville, FL
May 8	Seminole Twilight	Tallahassee, FL
May 15	Carolina Invitational	Chapel Hill, NC
May 22	Griffin Invitational	Atlanta, GA
June 3-6	NCAA Outdoor Championships	Boise, ID
June 25-27	USAT&F National JR Champ.	St. Louis, MO
June 25-27	USAT&F National SR Champ.	Eugene, OR