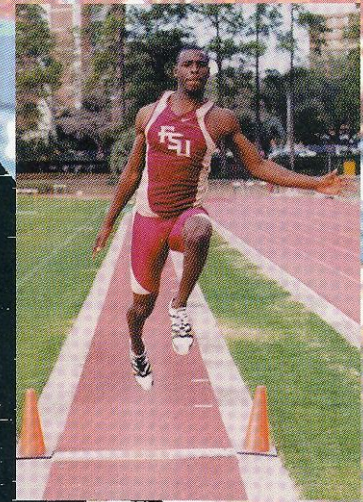
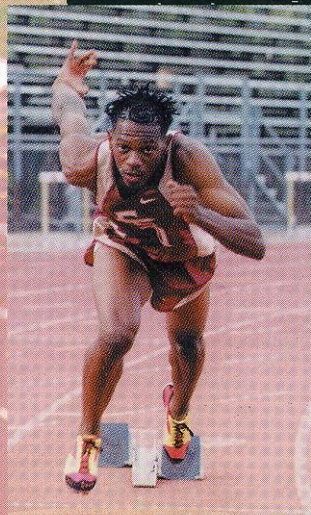
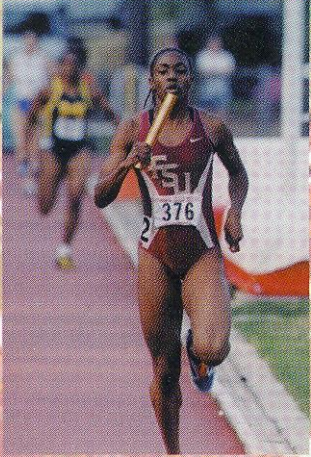


2000 TRACK AND FIELD

florida state



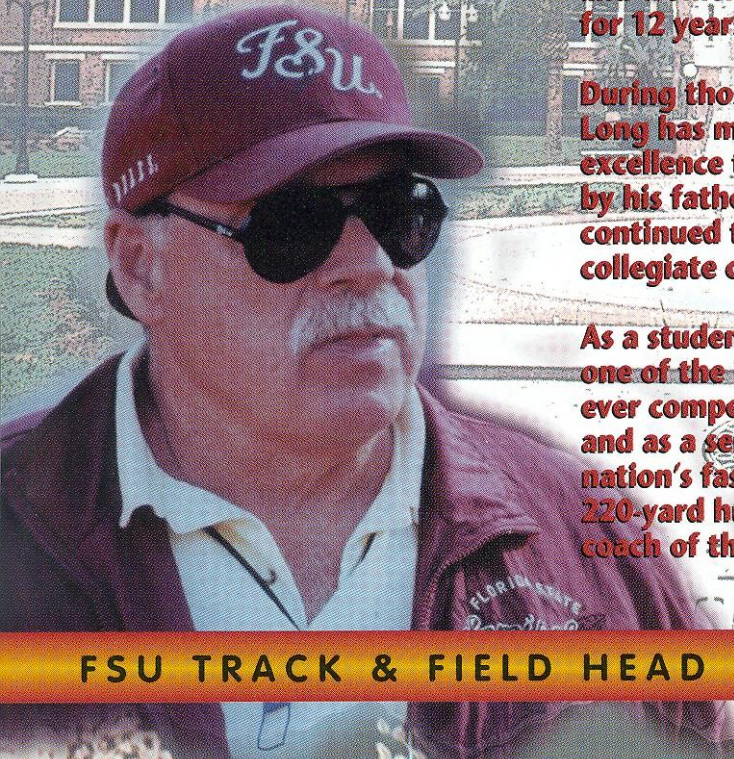
**Florida State Track and Field Head Coach Terry Long has been at the helm of the men's and women's track program for 12 years.**

**has guided many student-athletes into the elite of not only the conference but the country and his program continues to attract the nation's best.**

**During those years, Coach Long has maintained a level of excellence that was established by his father, Mike Long, and continued through his own collegiate career at FSU.**

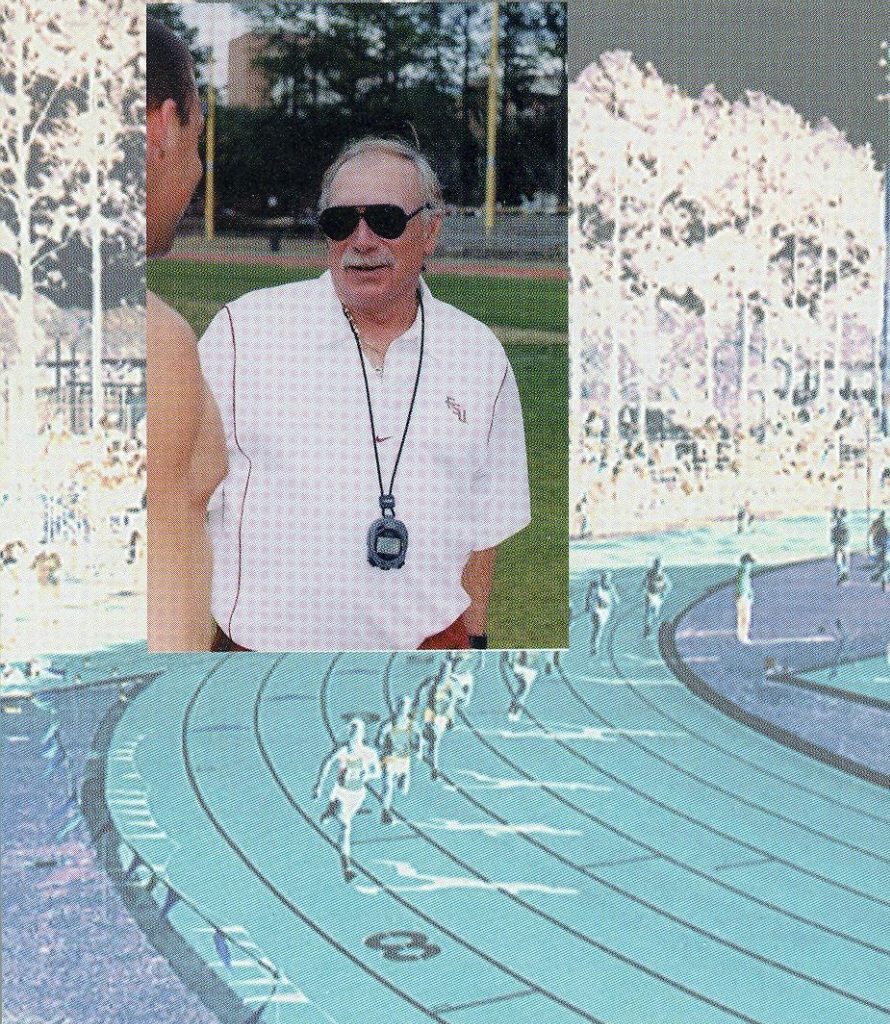
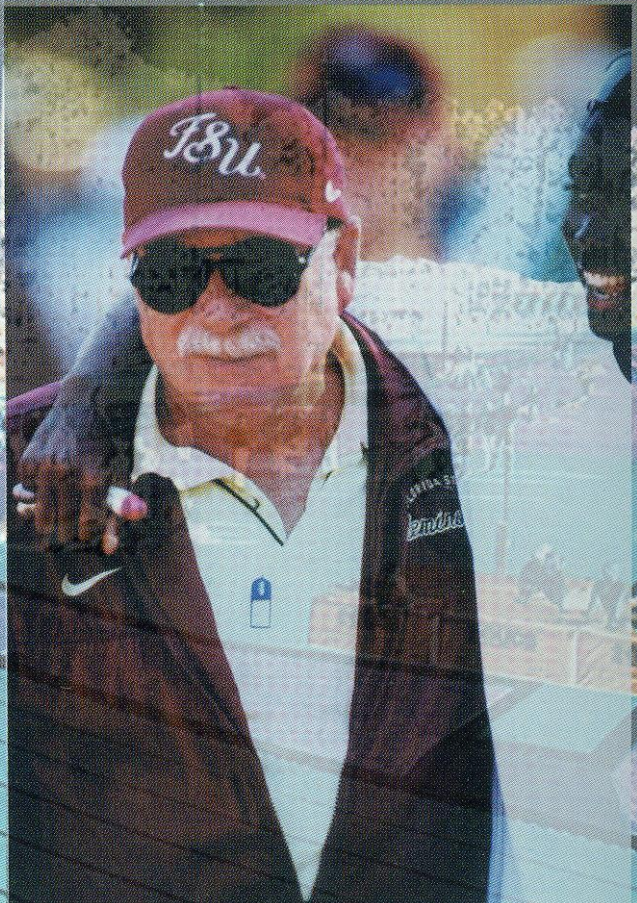
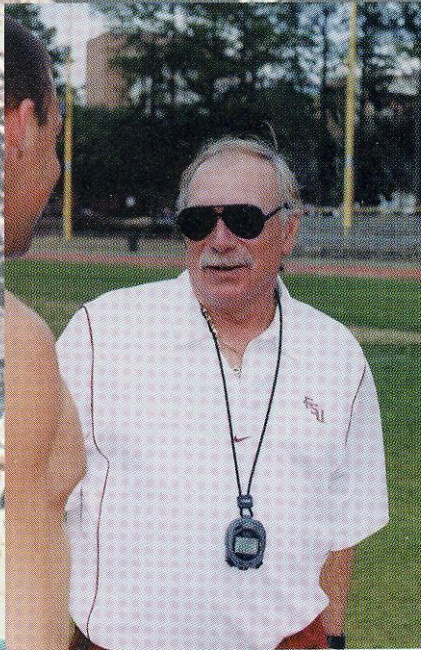
- 126 All-ACC selections**
- 65 ACC Champions**
- 46 All-Americans**
- 27 Top 4 finishes at the ACC men's and women's Indoor and Outdoor Championships since joining the conference in 1992**
- 6 Olympians**
- 1 NCAA Champion**
- 1994 ACC Coach of the Year**

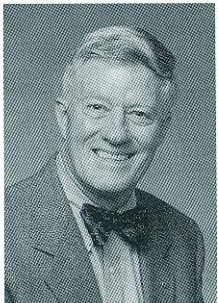
**As a student-athlete, Long was one of the best hurdlers to ever compete at Florida State and as a senior, Long had the nation's fastest time in the 220-yard hurdles. As head coach of the Seminoles, Long**



**FSU TRACK & FIELD HEAD COACH**

**Terry Long**





Sandy D'Alemberte  
President



Dave Hart  
Athletics Director

## FLORIDA STATE FACTS

President ..... Sandy D'Alemberte  
 Location ..... Tallahassee, FL  
 Enrollment ..... 30,519  
 Founded ..... 1857  
 Nickname ..... Seminoles  
 Colors ..... Garnet and Gold  
 Conference ..... Atlantic Coast  
 Facility ..... Mike Long Track  
 Athletics Dir. .... Dave Hart, Jr.  
 Athletics  
 Dir. Phone ..... (850) 644-2526

## NOTE TO THE MEDIA

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

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

## FLORIDA STATE UNIVERSITY

# media

### Athletic Board

Chair ..... Charles Earhardt  
 Sports Information  
 Director ..... Rob Wilson  
 Track and  
 Field SID ..... Jason Byrne  
 Sports Information  
 Phone ..... (850) 644-1403  
 Sports Information  
 FAX ..... (850) 644-3820  
 SID Address ..... Moore  
 Athletic Center  
 P.O. Drawer 2195  
 Tallahassee, FL 32316



Jason Byrne  
Track & Field SID

## TRACK & FIELD STAFF

Head Coach ..... Terry Long  
 (644-5550)  
 Track Secretary ..... Jill Hoomes  
 (644-3003)  
 Assistant Coaches  
 Kim Batten ..... Sprints,  
 Hurdles, Relays  
 Dave Cohen ..... Graduate  
 Assistant  
 Jim Long ..... Hurdles  
 Harlis Meaders ..... Throws  
 Dennis Nobles ..... Pole Vault,  
 Javelin, High Jump  
 Paul Spangler ..... Middle and  
 Long Distance

## CREDITS

Editor ..... Jason Byrne  
 Asst. Editor ..... Sara Banks  
 Writing and  
 Research ..... Sara Banks, Jason Byrne,  
 Elliott Finebloom  
 Photography ..... FSU Photo Lab,  
 Ross Obley  
 Design ..... ArtGecko Design  
 Tallahassee, FL  
 Printing ..... Graphic Press

*This document is available upon request in alternate formats for individuals with print related disabilities. Contact the ADA office, 301 Westcott Administration Building, for more information.*

TRACK & FIELD 2000

inside

## TRACK & FIELD AT FSU

1999 Year in Review	2
Mike Long Track	3
Coaching Staff	4-7
ACC History	7
Men's Preview	8
Men's Roster	9
Men's Bios	10-17
Hall of Fame	18
1999 Men's Qualifying Marks	19
Men's Records	20
Men's All-Time Performances	21-22
Seminole All-Americans	23
FSU'S Two-Sport Athletes	24-25
Men's & Women's Indoor Records	26
Women's Preview	27
Women's Roster	28
Women's Bios	29-37
1999 Women's Qualifying Marks	38
Women's Records	39
Women's All-Time Performances	40-41
Lady Seminole All-Americans	42
<b>STUDENT-ATHLETE SUPPORT</b>	
Academics at FSU	43
Life Skills/Student Development	44
Sports Compliance	45
<b>ON AND OFF CAMPUS</b>	
The University	46
The Tallahassee Area	47

1  
2  
0  
0  
0  
M  
E  
D  
I  
A  
G  
U  
I  
D  
E

## T R A C K & F I E L D

# Indoor

The men's and women's track teams kicked off the 1999 indoor season at the Florida Intercollegiate in Gainesville. The men's team started the season off right with several first place finishers. Darius Jones (long jump), Joseph Lawrence (weight throw), and Iain Harnden (200m) all took home first place while Jason Dean (pole vault), Mario Lowe (triple jump), and the 4x400m men's relay team all added second place efforts. Tonya Carter led the way for the Lady Seminoles in the season opener with a second place finish in the 55m with Shannon Steele (high jump) and true freshman Makiba Batten (shot put) contributing third place finishes for the

collegiate best in the pole vault while Samantha George ran the fastest 400m time in the ACC. George joined Ayana Townsend, Laura Gerber, and Fiona Norwood on the 4x400m relay team that also qualified for the NCAA Indoor Championships.

The ACC Indoors resulted in fourth place finishes for both the men's and women's teams. Dean continued to impress by taking home the ACC pole vault title. Darius Jones contributed in a multitude of ways by finishing first in the long jump, fifth in the pole vault, and seventh in the triple jump. Lawrence continued to shatter records by placing first in the weight throw with a new ACC record in the event. Freshman Lowe was impressive as well as he triple jumped an NCAA

# Outdoor

The men's and women's teams started the outdoor season on the right foot with a strong showing at the FAMU Relays. First place finishers included Jason Dean (pole vault), Zyris Hill (long jump), Joseph Lawrence (discus), Chinette Johnson (triple jump), Shannon Steele (javelin), and Ayana Townsend (400m hurdles). In addition to the sound individual showings, the relay teams turned in strong performances as well with the men's and women's sprint medleys, and the women's distance medley all taking home first place.

The Seminoles next played host to more than 50

Lady Seminoles by taking home first place in their events. Nakeya Crutchfield (100m), Michaela Steele (high jump), Shelby Cannon (long jump), and Tonya Carter (100m) all turned in top five finishes for the women. On the men's side, Aaron Scheer finished first in the 1500m event while Darius Jones took home the pole vault title, recording the tenth best of all time by a Seminole competitor. Lowe (triple jump), Bland (high jump), Lawrence (hammer), and Danny Smith (800m) all finished in the top 10.

The men's and women's track teams split up the following weekend with select athletes going to the Texas Relays and others competing in the Jacksonville Invitational.

## FLORIDA STATE UNIVERSITY

# 1999 Review

2 women.

The Seminoles returned to Gainesville the following week for the Florida Invitational where Batten continued to impress in only her second collegiate meet by winning the women's shot put event. Lawrence paced the men by taking home the title in the men's weight throw. Their success paved the way for seven other Seminole competitors who finished the day among the top three in their respective events.

Next up for the Seminoles was the annual ACC/SEC Challenge where both teams finished in sixth place. Carter highlighted the day by placing first in the 55m with a personal best time of 6.91. On the men's side, Lowe placed first in the triple jump while Lawrence maintained his position as conference leader in the weight throw by breaking his old FSU record with a NCAA provisional qualifying mark. Five other Seminoles contributed with top three finishes.

At the Iowa State Invitational, two more Seminoles recorded NCAA provisional qualifying marks. Dean established a new personal

provisional 51-5 to earn All-ACC honors.

On the women's side, true freshman Laura Gerber and the 4x400m relay team took home ACC titles. Carter had a strong showing as well by finishing second in the 60m and third in the 200m. Newcomers Batten and George both turned in second place efforts for the Lady Seminoles.

Carter was the highlight of the USA Indoor Track and Field Championship by making it to the semifinals of the 60m. Although she did not advance to the finals, she managed to hold her own against some of the best competition in the country including Olympian Gail Devers. The women's 4x400m relay team of Gerber, George, Johnson, and Norwood placed eleventh overall with a season best time. ACC Champion Lawrence finished fifteenth in the men's weight throw.

Dean, Jones, Lowe, Lawrence, Carter, George, Gerber, Johnson, Norwood, and Batten were all named to the ALL-ACC team for their efforts during the indoor season.

teams from across the country at the FSU Relays. The Lady Noles had several top finishers with Townsend (400m hurdles), the 4x100 relay team, and the sprint medley unit all placing first. Zuzette Mullings NCAA provisional mark in the long jump event earned her a first place finish and a spot in the FSU record books with the sixth best showing by a Lady Seminole and ACC Track Athlete of the Week honors for her efforts at the FSU Relays. The men fared well also with Steve Augustine (400m hurdles), Christian Bland (high jump), and Mario Lowe (triple jump) all won their events for the men. Lawrence's first place finish in the discus event was the second best performance in Seminole history. Darius Jones point total of 7,269 in the decathlon was good enough to earn him an NCAA provisional qualifying mark and a place in FSU history with the second best effort by a Seminole.

Next up for the Seminoles was a trip down to Gainesville for the Florida Relays. Laura Gerber (800m) and Samantha George (400m) led the way for the

Lowe paced the Seminoles in Austin by recording an NCAA provisional mark in the triple jump, the fourth best in FSU history. Mullings was the top Lady Seminole competitor with a fourth place showing in the long jump in Austin. FSU picked up eight first place finishes at the Jacksonville Invitational with Dana Glover (800m), Shannon Steele (high jump), Taressa Davis (triple jump), Terita Norton (long jump), Chris Williams (long jump), Todd Crannell (pole vault), Marcus Odom (long jump), and the men's 4x400m relay team all finishing on top for the garnet and gold.

The Seminoles continued their season at the South Florida Invitational. With the women placing first overall and the men finishing second. The women were led by a pair of two event winners in Makiba Batten (shot put and discus) and Chinette Johnson (long jump and triple jump). Batten's efforts rewrote the FSU record books with her discus throw going down as second best all time and her shot put effort placing sixth. George had an impressive outing as well by recording an NCAA automatic qualifying time in the 400m. Michaela

Steele (high jump), Gerber (800m), Sara White (hammer), and Lindsay Adkins-Osborn (pole vault) all contributed first place points for the Lady Noles. Lawrence was the top performer for the men as he won both the discus and the hammer. He continued his assault on the FSU record books with his second best all time effort in the hammer event. Augustine (400m), Byron Taylor (400m hurdles), Bland (high jump), and Jason Dean (pole vault) all finished first in their events.

The Seminoles had several conference champions at the ACC Outdoors. George continued her dominance in the 400m event with a first place finish as Gerber took home first in the 800m while Johnson won the heptathlon competition. The women's

outing by recording a second place finish in the long jump and a third place effort in the 100m hurdles. On the men's side, Tavaris Spradley recorded season best times in the 100m and 200m events. Greg Jack won the javelin competition while Hill (400m), Bland (high jump), and Dean (pole vault) placed second in their respective events. The men's 4x100m relay team placed third at the meet.

The Seminole Twilight meet was a success for the Seminoles. The competition was highlighted by first place efforts from Townsend (100m hurdles), Johnson (400m), and Dean (pole vault). Batten crushed her previous Seminole bests in the throws by recording the second best mark in the discus and the

## FLORIDA STATE

4x400m relay team claimed the conference crown while Shannon Steele placed second in the javelin event. Townsend picked up an NCAA provisional mark for her efforts in the 100m hurdles with Carter, Crutchfield, and Mullings finished second, third, and fourth respectively in the 100m event. Carter's time tied for fourth best all time in Seminole history while Crutchfield's mark went down as tenth best. Zyris Hill highlighted the men's efforts by claiming an ACC title in the long jump with the fifth best in Seminole history. The men's 4x400m relay team also took home a conference title and Lawrence had a strong showing with a second place effort in the discus and hammer events.

The Seminoles picked up several NCAA provisional marks at the University of Florida, Fresno State, and Illinois quad meet. Carter led the way with a first place finish in the 200m event, which was the tenth best time in Seminole history. The 4x400m relay team also picked up an NCAA provisional mark for their second place finish at the meet. Johnson had an impressive

sixth best effort in the shot put. Sara White's effort in the hammer event was the second best all time performance by a Seminole while Michaela Steele's high jump mark was good enough for sixth all time in Nole history. Hill and Mike Jennings ran the two fastest times by Seminoles in the 1999 season in the 400m dash. The men's 4x400m relay team also set their best time of the season with a second place finish in the event.

Five athletes represented Florida State at the NCAA Track and Field Championships. George advanced to the semifinals of the 400m dash competition, but failed to advance to the finals, finishing with the 13th fastest time of the final 18 competitors. The women's 4x400m relay team composed of Fiona Norwood, Townsend, Tangela Wobbleton, and Gerber finished in seventh place in their heat and failed to qualify for the finals.

## FSU'S Mike Long Track

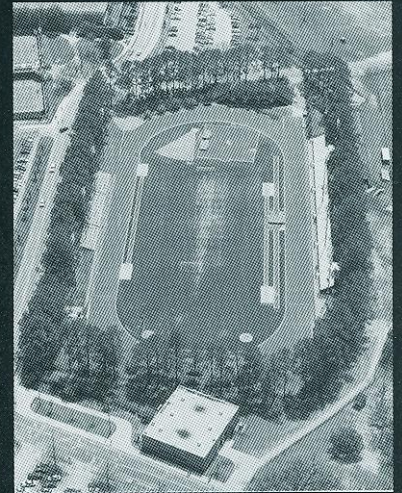
Mike Long Track will serve as the home of the Florida State track and field team for the 45th year with the start of the 2000 season. In its existence, the complex has grown and seen the Seminole track and field program rise to national prominence.

The Mike Long Track complex is recognized as one of the best outdoor facilities in the South.

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

Named after Mike Long, who is known as the father of Florida State track and field, the complex has attracted some of the top meets in the nation. Mike Long Track and the City of Tallahassee played host to the USA Track and Field National Junior Championships in 1988 and the AAU National Championships in 1991. Florida State and Mike Long Track also hosted the Atlantic Coast Conference Outdoor Track and Field Championships in FSU's first year in the league, 1992. The USA Track and Field National Junior Championships returned to Mike Long Track in the Summer of '94. The British Olympic Team, who trained in Tallahassee for the 1996 Olympic Games in Atlanta, used the facility for all their track and field practices and workouts over the summer. Each season, the school hosts several outdoor meets including the nationally known FSU Relays and last year, the Florida Intercollegiate Championships.

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

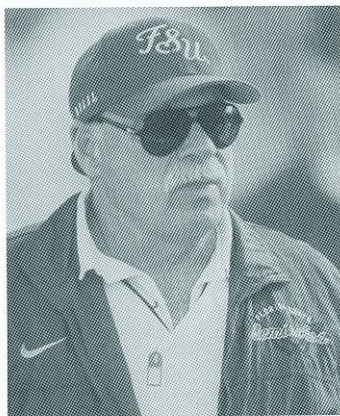


T  
R  
A  
C  
K  
&  
F  
I  
E  
L  
D

# HEAD COACH

## Terry Long

(FSU '63)



In his 21st season at Florida State, Terry Long begins his 12th in the role as the head coach of the Florida State men's and women's track teams. Following in his father's footsteps, Long continues the tradition nineteen seasons after his father, Mike, retired as head coach at Florida State. Terry Long has been associated with the Seminole track program since he was 13 years old, when Mike Long began his head coaching legacy at FSU in 1953.

A few years later, Long formally joined the program as a student-athlete and lettered for the Tribe for four seasons. During his career as an FSU athlete, Long set new school records in all indoor and outdoor hurdle events as well as running on school

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

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

As head coach and administrator of the programs, Long has continued a strong tradition of track success with 41 individuals

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

# FLORIDA STATE UNIVERSITY

# the coaches

**YEARS AT FLORIDA STATE: 21**

**YEARS OF COLLEGIATE COACHING EXPERIENCE: 31**

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

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

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

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

**Seminole Community College – Head Coach (1970-82)**

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

**HIGH SCHOOL COACHING EXPERIENCE**

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

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

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

record setting 440, 880 and sprint medley relays. His senior year, he had the nation's fastest time in the 220-yard hurdles. Long completed his bachelor's degree in 1963 and his master's in 1965, both at FSU. Long began his head coaching career at Leon High School in Tallahassee before moving on to Delray Beach Atlantic High School and then Lakeland High School.

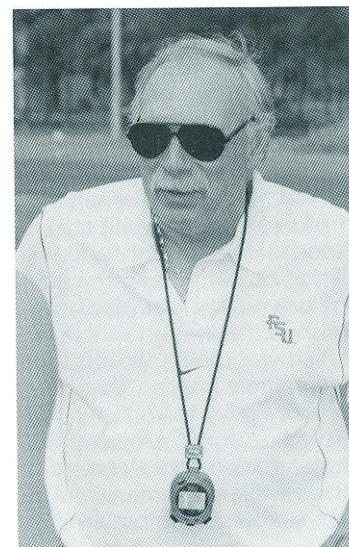
Long built his reputation as one of the nation's finest track coaches during 16 years of coaching at Seminole Community College, Sante Fe Community College and the University of Florida. While serving in the community college coaching ranks, Long produced over 200 all-Americans and 56 national champions. His teams won 16 state track and cross country titles and he was named coach of the year three times. In 1982 and 1983, he guided the Sante Fe women's track team to back to back national championships. During his tenure at Seminole Community College, Long was inducted into the Florida Track Hall of Fame.

earning all-American honors. His athletes have set 11 new school records in men's track and 13 new school records in women's track. While in the Metro Conference, Long's men's and women's teams never lost a conference track championship. Since joining the Atlantic Coast Conference, Long has coached the men's team to the 1995 ACC Indoor title and has been named ACC Coach of the Year and NCAA District III Coach of the Year.

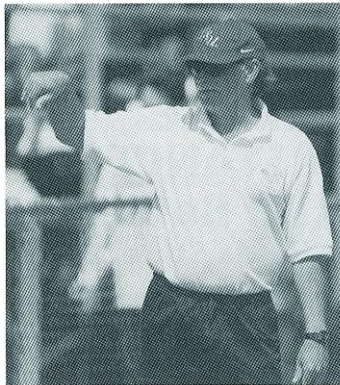
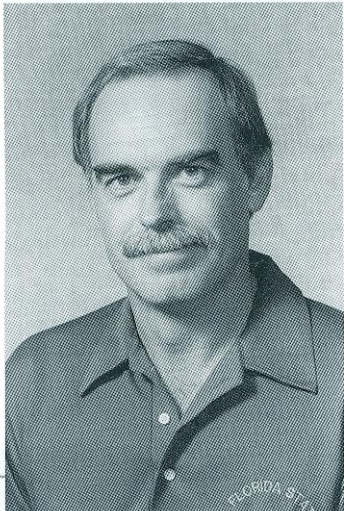
During his career, Long has coached numerous outstanding athletes. Notable among those athletes are Olympians Arthur Blake, World Champion and world record holder Kim Batten, two-time gold medalist Chandra Cheeseborough, Michelle Finn, Dennis Mitchell, Tom Reither, Esmerelda Garcia, Rey Robinson, and NCAA national champions Phillip Riley, Andrea Thompson, Janet Levy and Janet Davis.

Long has been extremely active in track outside of Florida State and

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



## HURDLES COACH Jim Long (FSU '70)



**YEARS AT FLORIDA STATE: 24**

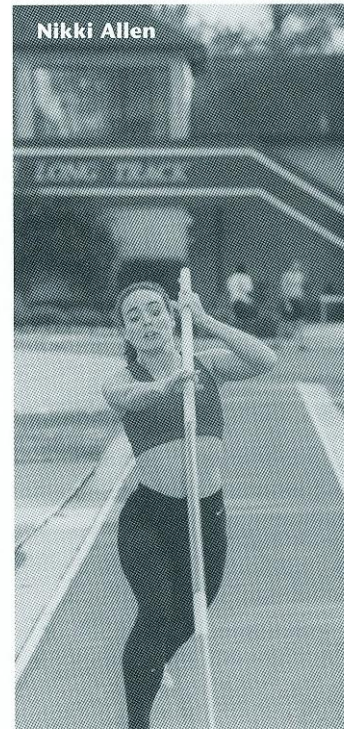
**YEARS OF COLLEGIATE  
COACHING EXPERIENCE: 24**  
Florida State University –  
Assistant Coach  
(1975-present)

**COLLEGIATE TRACK  
EXPERIENCE:**  
Florida State – sprints  
(1966-1970)

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

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

While at Wayland Baptist College, he coached 17 All-Americans, two national champions, a pair of Olympic



Nikki Allen

# FLORIDA STATE UNIVERSITY

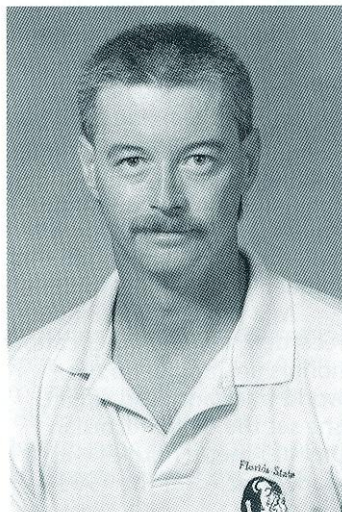
Jim Long brings a lengthy track background to his 24th season with the Florida State program.

A former Seminole sprinter and son of former FSU head coach Mike Long, Jim came back to his alma mater in 1975 as an assistant coach. His return followed a successful stint as head track coach at Leon High School in Tallahassee. He has served as a clinician at the U.S. Olympic Development camp in Orlando, joining brothers Terry, head coach at Florida State and Curtis, his Western Kentucky mentor. Long was inducted into the Florida Track Hall of Fame in 1991.

During his years on the Florida State staff, Long has coached numerous NCAA All-Americans. One former All-American decathlete, Rohn Stark, became the NFL's all-time leader in punt yardage in 1996. Long has also coached two Olympic hurdlers in Kim McKenzie and Arthur Blake.

He and his wife Janis have two sons; Justin 23 and

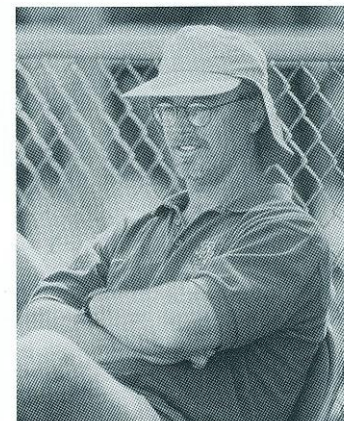
## MULTI- EVENTS COACH/ POLE VAULT, JAVELIN, HIGH, LONG & TRIPLE JUMPS Dennis Nobles (FSU '82)



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

His multi-event duties at FSU include coaching athletes in the javelin, high jump, long jump, triple jump and pole vault events. Last year, Nobles coached Chinette Johnson and Jason Dean to ACC titles in the heptathlon and pole vault respectively. He also guided Darius Jones to the indoor long jump title and Zyris Hill to the outdoor long jump crown. In 1997, Justin Johnston earned All-America status in the javelin for the third straight season under Nobles' guidance. In recent years, Nobles has been invited to participate in the elite women's javelin clinic in Long Beach, California.

Nobles is the proud parent of a daughter, Sally, age 15.



**YEARS AT FLORIDA STATE: 14**

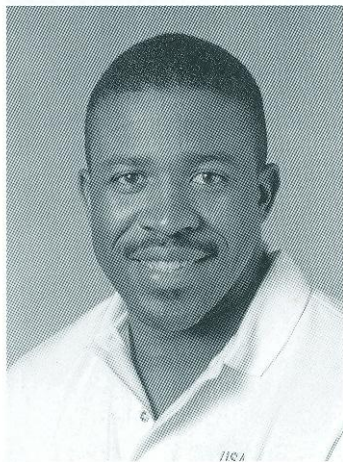
**YEARS OF COLLEGIATE  
COACHING EXPERIENCE: 16**  
Florida State-Assistant  
Coach (1985-present)  
Wayland Baptist-Assistant  
Coach (1984-85)

**COLLEGIATE TRACK  
EXPERIENCE:**  
Florida State- Pole Vault  
(1979-81)

5  
2  
0  
0  
0  
0  
M  
E  
D  
I  
A  
G  
U  
I  
D  
E

T  
R  
A  
C  
K

## THROWS COACH Harlis Meaders (UNC '92)



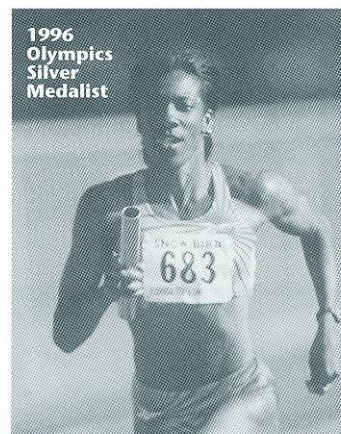
helped the men's and women's programs obtain their highest place finishes ever in the Southern Conference.

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

Meaders coached a pair of ACC Champions in 1997 on both the men's and women's teams – Greg Jack (indoor shot put) and Shannon Cook (indoor & outdoor shot put). Under Meader's guidance, Lakeisha Mose (who set conference records in the hammer and weight throw 2 years ago) should continue to excel on the national level while sophomore Makiba Batten should emerge as a con-

A  
S  
T.  
C  
O  
A  
C  
H

## ASST. COACH HURDLES, MIDDLE DISTANCE Kim Batten (Florida State '91)



World Championships in Goteburg, Sweden. In February of '96, Batten received the ESPY Award for Women's Track and Field Performer of the Year. At the '96 Olympics in Atlanta, the FSU graduate

&  
F  
I  
E  
L  
D

# FLORIDA STATE UNIVERSITY

# the COACHES

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

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

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

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

tender for the conference title.



**YEARS AT FLORIDA STATE: 6**

**COACHING EXPERIENCE: 9**  
Florida State-Assistant Coach (1995-present)  
Western Carolina University-Assistant Coach (1992-94)

**COLLEGIATE TRACK EXPERIENCE:**  
University of North Carolina, shot put, weight throw, discus (1988-92)

After serving as a volunteer coach while training for her professional career, Kim Batten made the jump to full-time assistant coach in October of 1999. Batten will work with the sprinters and hurdlers under the watchful eye of longtime FSU track and field head coach Terry Long.

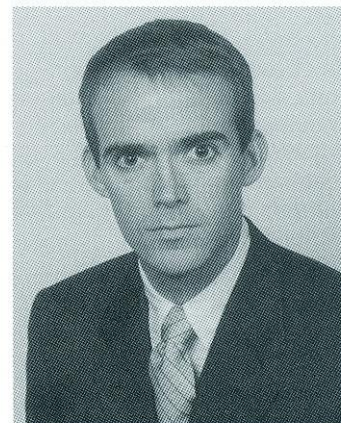
During her four years at Florida State, Kim Batten established herself as one of the finest track athletes in school history. Batten starred in multiple events for the Lady Seminoles including the long jump, triple jump, and the 100, 200 and 400-meter dashes. The nine-time All-American's top events were the 100 and 400-meter hurdles and she advanced to the NCAA Championships in each of her four years. Batten was named the Metro Conference's Most Outstanding Female Athlete in each of FSU's last three years in the league.

As a professional, Batten recorded some of the greatest honors achievable on the world track and field circuit. She set the world record in the 400-meter hurdles with a mark of 52.61 at the 1995

won the silver medal in the 400-meter hurdles.

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

## ASST. DISTANCE COACH Paul Spangler (Alabama '98)





Paul Spangler begins his second season as the assistant coach for the men's and women's cross country and distance teams in 1999-2000.

Spangler came to Florida State after an accomplished four-year career at the University of Alabama. At FSU, he has assisted in the coaching of all distance runners while also handling the recruiting responsibilities for the women's program.

After originally walking on at Alabama, Spangler went on to earn a scholarship and numerous honors for the Crimson Tide. Spangler was named to the All-Southeastern Conference and All-District teams in cross country while also recording the fifth fastest indoor 5K mark and the tenth fastest

outdoor 10K mark in Alabama school history on the track. An All-SEC academic team selection, he graduated with a degree in sports management.

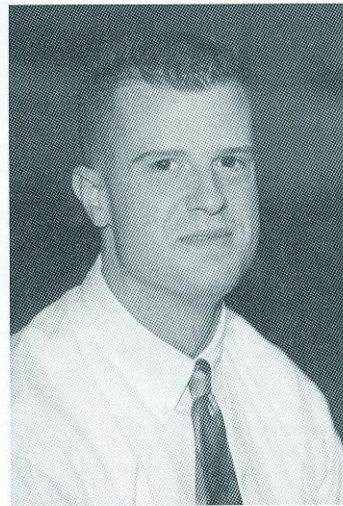
A native of Brooksville, Fla., Spangler began his distance career at Hernando High School. He won the state two-mile title as a junior and was the runner-up as a senior. In cross country, he was a two-time champion at district and conference meets while also earning academic all-conference status.

Spangler, 24, is currently pursuing his master's degree in sports administration. He continues to run competitively in his spare time and also enjoys cycling.

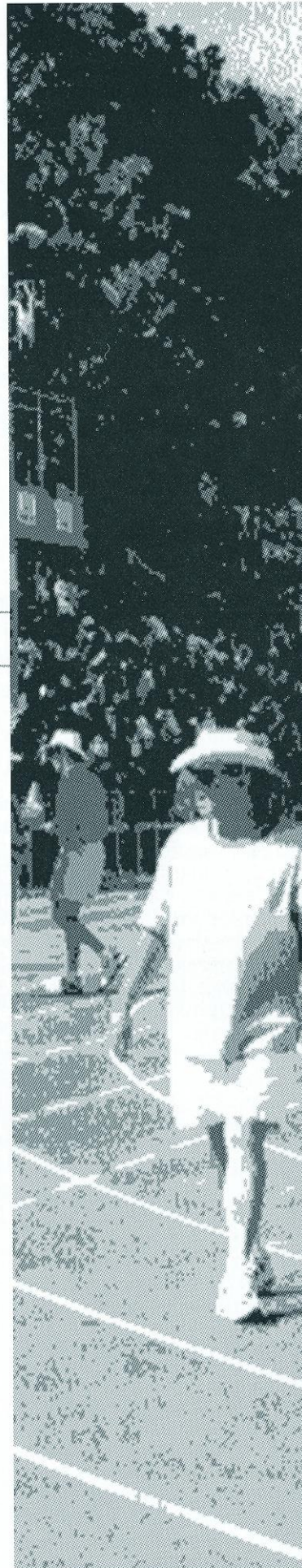


Paul Spangler

## GRADUATE ASSISTANT David Cohen (Central Michigan '93)



Dave Cohen is in his second year as a graduate assistant with the Florida State track and field program. He is currently pursuing a master's degree in sport administration. Cohen maintains team statistical information as well as background information on all Florida State track and field athletes.



## Seminoles In the ACC

### FSU Men's Track and Field

(Since joining the conference in 1992)

#### OUTDOOR RESULTS

YEAR	FINISH
1992	3rd
1993	4th
1994	2nd
1995	4th
1996	4th
1997	4th
1998	4th
1999	5th

#### INDOOR RESULTS

YEAR	FINISH
1992	4th
1993	3rd
1994	1st
1995	6th
1996	4th
1997	6th
1998	4th
1999	4th

### FSU Women's Track and Field

(Since joining the conference in 1992)

#### OUTDOOR RESULTS

YEAR	FINISH
1992	4th
1993	4th
1994	3th
1995	4th
1996	2nd
1997	2nd
1998	3rd
1999	2nd

#### INDOOR RESULTS

YEAR	FINISH
1992	5th
1993	3rd
1994	4th
1995	6th
1996	3rd
1997	2nd
1998	4th
1999	4th

# T R A C K & F I E L D

## Sprints

The Seminoles should benefit from a strong mix of young sprinters and veteran leaders this upcoming season. Sophomore Al Young and freshman Danyne Brown should bolster the men's sprint team this year and for years to come while junior Tavaris Spradley and senior Mike Jennings are proven winners. The group will add their experience and leadership to a young squad that continues to improve.

Spradley led the Seminoles in the 100m and 200m sprints during the 1999 outdoor season. Jennings, the top returning 400m sprinter, showed potential last season with his best performance coming at the Seminole

unit in the indoor season after redshirting last year.

Jim Long's hurdlers will look to keep pace with past squads who have consistently been amongst the conference's best. Long welcomes high school All-American Danyne Brown to this year's unit. Brown should complement the returners well as he gains valuable collegiate experience in his first season. Brown's best high school mark in the 110m hurdles would have been the top time at FSU last year.

## Middle Distance

The 800m event will be solid with a mix of experi-

enced veterans and talented newcomers. The unit will see the return of seniors Danny Smith and Wade Brett. Smith was the team's top performer last year while Brett made dramatic strides over his junior season. Coaches believe Brett has the potential to be an NCAA qualifier. Coaches are hoping cross country standout Maarten van den Heuvel will make an immediate impact in the 800m. Van den Heuvel, the former Dutch Junior National Champion, has been compared to former Seminole star Ocky Clark. He will also look to contribute in the 1500m event to help prepare him for the world championships in the fall. Freshman Antonio Martin, the defending high school champion in the 800m, will provide depth while gaining a year of collegiate experience.

as the top returning runner in the 1500m and 3000m. Sophomore Tommy Kunish will look to improve on his freshman marks while providing versatility by competing in the 1500m, 3000m, and the 3000m steeplechase. Brett and van den Heuvel will also look to contribute in the 1500m. The longer distances will be strong behind the running of senior Josh Ware and sophomore Zach Heissner. Ware, the top runner for the cross country team in 1999, led the track and field team in the 3000m steeplechase, 5K, and 10K last season. He will be joined by Heissner who redshirted last year's outdoor season. Coaches describe him as a strong,

technical runner who has the potential to be an NCAA qualifier. Freshman Nick Stuart and Eric Ritchson will look to contribute while gaining strength through a year of conference competition.

## Horizontal Jumps

This area will be one of the strongest and deepest on the team highlighted by several versatile competitors. The Seminoles will be without the services of defending ACC Outdoor long jump champion Zyris Hill, but coaches feel they have the talent to pick up where he left off. Big things are

## FLORIDA STATE UNIVERSITY

# men's preview

Twilight event. Young will look to improve on his marks after a good freshman campaign while Brown will gain valuable experience in his first year. Coaches are looking for senior Jayson Jones to have a breakthrough year after being hampered by injuries last season. Jones provides solid depth in the 100m, 200m, and 400m events. Senior Kenyun Langston will again focus primarily on the 400m and relay events and sophomore Chris Williams, who came on strong towards the end of last outdoor season, will bolster the unit in the 200m and 400m events.

## Hurdles

This unit will be led by sophomore Byron Taylor and senior Steve Augustine. Taylor excelled in his first year on the collegiate level with the team best time in the 110m hurdles and the second best mark in the 400m hurdles. Augustine led the team in the 400m hurdles and should compete for conference honors in the event. He is also a key contributor on the 4x400m relay team. Senior

enced veterans and talented newcomers. The unit will see the return of seniors Danny Smith and Wade Brett. Smith was the team's top performer last year while Brett made dramatic strides over his junior season. Coaches believe Brett has the potential to be an NCAA qualifier. Coaches are hoping cross country standout Maarten van den Heuvel will make an immediate impact in the 800m. Van den Heuvel, the former Dutch Junior National Champion, has been compared to former Seminole star Ocky Clark. He will also look to contribute in the 1500m event to help prepare him for the world championships in the fall. Freshman Antonio Martin, the defending high school champion in the 800m, will provide depth while gaining a year of collegiate experience.

## Distance

The distance unit has the potential to achieve success. The 1500m event should be sound with the return of three of last year's top four finishers. Senior Michael Maier will head up the group



Joe Allen

expected from junior college transfer Joe Allen who coaches believe has All-American potential in both the long jump and triple jump. Senior Darius Jones, the 1999 ACC Indoor long jump champion, will also contribute in both events. Sophomore Mario Lowe excelled during his first year of competition while jumping into the FSU record books with the fourth best mark in Seminole history. If he can avoid injuries he will also be in the mix for conference honors.

## Vertical Jumps

The high jump and pole vault will both field strong units this season. Sophomore Christian Bland showed his enormous potential during his freshman year by leading the team in the event. Coaches believe he has the talent to excel on the national level. Darius Jones also returns as a strong performer in the high jump event. The senior multi-event star had a solid 1999 highlighted by a top finish at the Florida Relays. Sophomore Mason Yost and Lowe will provide depth in the high jump unit.

## FLORIDA STATE

The pole vault returns with a talented core of competitors. Junior Jason Dean will pace the young squad while he competes for the conference title. Dean returns after a stellar sophomore year in which he consistently finished in the top three. Coaches believe talented youngsters Jared Sweetser, Jeff Atkinson, and Patrick Gerberich have the potential to be one of the top classes in FSU history after adding some needed experience.

## Throws

Harlis Meaders will boast a young, but talented unit in 2000. The Seminoles will look to rebound after losing one of the best throwers in FSU history in Jody Lawrence. Redshirt freshman Josh Bowling is expected to step up to lead the group this season. Bowling had a taste of the ACC last season and will compete in the weight throw, discus, and hammer events. The unit will also be fortified by the return of former ACC contender Donald Heaven from the football squad. Ryan O'Donnell, Ryan Barr, Greg Gorski, and A.J. Hoyle will provide valuable depth while fine tuning their skills for future competition.

## Decathlon

Darius Jones continued his ascent up the Seminole record books in 1999. His point total of 7,269 at the FSU Relays last season was the second best in FSU history. This year he will look to move ahead of former FSU great Rohn Stark to become the best decathlon performer in Seminole history. Jones returns with the top point total in the conference and should be a force on the national level as well.

## FLORIDA STATE

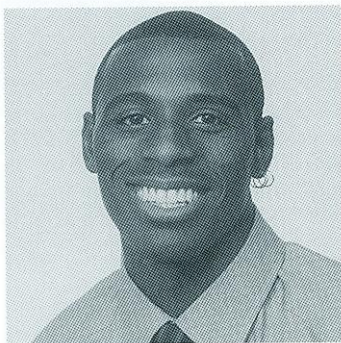
# Men's Roster

NAME	EVENT	CL	HOMETOWN
Nathan Adams	Fr.	D	Longwood, FL
Joseph Allen	Jr.	J	Toledo, OH
Jeff Atkinson	So.	J	Coral Springs, FL
Steve Augustine	Sr.	H	Coral Springs, FL
Ryan Barr	So.	T	Seminole, FL
Christian Bland	So.	J	Lawrenceville, GA
Josh Bowling	So.	T	Tallahassee, FL
Wade Brett	Sr.	MD	Port Lavaca, TX
Danyne Brown	Fr.	H	Camden, NJ
Matt Cangiolosi	Jr.	D	Casselberry, FL
Jason Dean	Jr.	J	Clearwater, FL
Randolph Frazier	Fr.	S	Tallahassee, FL
Danny Fritz	Fr.	D	Cincinnati, OH
Patrick Gerberich	Fr.	J	Clermont, FL
Greg Gorski	So.	T	Westfield, NJ
Iain Harnden	Sr.	H	Harare, Zimbabwe
Donald Heaven	Jr.	T	Miami, FL
Zach Heissner	So.	D	Jupiter, FL
Micheal Jennings	Sr.	S	Jacksonville, FL
Darius Jones	Sr.	J	Tallahassee, FL
Jayson Jones	Sr.	S	Columbus, GA
Kolby Jones	Fr.	J	West Des Moines, IA
Tommy Kunish	So.	D	Pensacola, FL
Kenyun Langston	Sr.	S	Hallandale, FL
Mario Lowe	So.	J	Lithonia, GA
Micheal Maier	Sr.	D	Sonnenbuehl, Germany
Antonio Martin	Fr.	MD	Oviedo, FL
Quavarite McMillan	Jr.	MD	Quincy, FL
Ryan O'Donnell	Jr.	T	Tallahassee, FL
Ryan Owaski	Jr.	H	Pembroke Pines, FL
Charlie Proulx	Sr.	J	Beverly Hills, FL
Eric Ritchson	Fr.	D	Niceville, FL
Giano Saumat	Fr.	T	Miami, FL
Antonio Smith	Sr.	S	Tallahassee, FL
Daniel Smith	Sr.	S	Orlando, FL
Tavaris Spradley	Jr.	S	Tallahassee, FL
Harry Stinson	So.	H	Orlando, FL
Nick Stuart	Fr.	D	Lake Mary, FL
Jared Sweetser	Fr.	J	Sarasota, FL
Byron Taylor	So.	H	Stone Mountain, GA
Kintor Tynes	So.	MD	Freeport, Bahamas
Maarten van den Heuvel	Fr.	MD	Warnsveld, The Netherlands
Gary M. Visser	So.	J	Orlando, FL
Josh Ware	Sr.	D	Ft. Meyers, FL
Christopher Williams	So.	S	Vancouver, WA
Mason Yost	So.	J	West Melbourne, FL
Al Young	So.	S	Ft. Lauderdale, FL

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

T  
R  
A  
C  
K  
&  
F  
I  
E  
L  
D

**Joe Allen  
Junior,  
Sprints/Jumps  
Toledo, OH  
(Barton C.C.)**



One of the top junior college athletes last year...has outstanding ability and will be among the conference's best in the long and triple jumps...could be an

Joins Jared Sweetser and Patrick Gerberich as one of the most promising groups of pole vaulters to enter FSU...competed in both football and track and field all four years of high school...holds pole vault record at Cardinal Gibbons High School with a height of 15'9"...**Prep:** Voted all-county Junior and senior year...won state championship in pole vault senior year...placed fourth in pole vault at state junior year...named track athlete of the year in 1999 for Broward county...**Personal:** Criminology major...rooms with two current FSU teammates Greg Gorski and Kolby Jones...has six brothers...born January 18, 1980.

Griffin Invitational...member of All-ACC 4x400 relay team...completed the outdoor season with the fourth best conference mark in the 400m hurdles...**1998:** Named the most outstanding athlete at Central Arizona last year...recorded a personal best time of 51.08 in the 400m hurdles as the national runner-up in 1998...won the Juco 400m intermediate hurdle national championship in 1997 with a time of 51.50...awarded the MVP of track team that season...a Dean's List member both years...**Personal:** A design major...born March 11, 1977.

SEC Challenge...ended indoor season with the fifth best high jump mark in the conference...performance at the FSU Relays was 18th best in Seminole history...completed outdoor season with the second best jump in the conference...**Prep:** Finished third in the district as a sophomore before eventually winning the district title his senior year in the high jump (6-6)...won the region (Houston) high jump competition with a jump of 6-8...a member of the National Honor Society as well as the Spanish Honor Society...**Personal:** A communications (advertising) major...born July 29, 1980...very active in his church at home where his father, Jim, is the pastor...father held the school record in the high jump

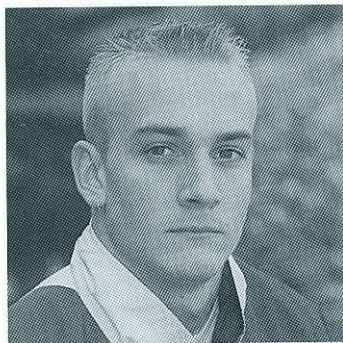
FLORIDA STATE UNIVERSITY

men's profiles

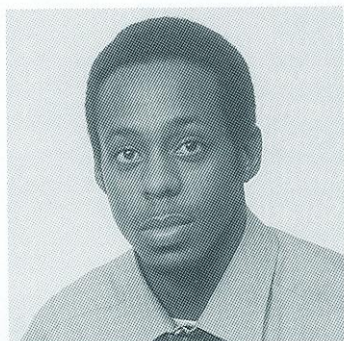
10

national qualifier in both events...a well-conditioned athlete who could walk away with some school records when his career is finished...**Prep:** All-state all four years in the long jump...an all-state selection his junior year in the 200m...a two-time all-state selection in the 4x400 relay...competed at both track and field and basketball in high school...**Personal:** An information studies major...celebrates a July 7, 1978 birthday.

**Jeff Atkinson  
Freshman,  
Pole Vault  
Coral Springs, FL  
(Cardinal Gibbons  
High School)**

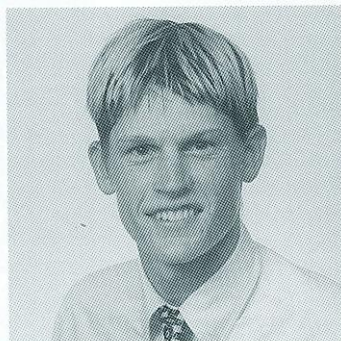


**Steve  
Augustine  
Senior,  
Hurdles/Sprints  
Tortola, British Virgin  
Islands (Central  
Arizona JC/BVI HS)  
Collegiate Best: 400m  
(48.70), 400m hurdles  
(51.69)**



Returns as one of the top hurdlers for the men...a key member of the 4x400m relay team...should emerge as one of the conference's best by year's end...**1999:** Finished in the top 10 at the Florida Intercollegiates to open the indoor season...ended the indoor season among the top 10 conference performers in the 400m...posted team high for the season in the 400m hurdles competition at the

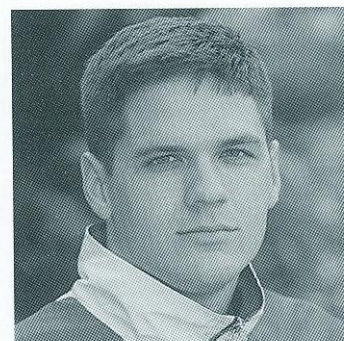
**Christian  
Bland  
Sophomore,  
High Jump  
Seabrook, TX  
(Clear Lake HS)  
Collegiate Best:  
High Jump (7-0.50)**



One of the top high jumpers in the conference...looking to evolve into a national contender with some more experience...one of the most consistent jumpers in recent Seminole history...**1999:** Kicked off the indoor season with a top 10 finish in the high jump in his first collegiate competition...placed fourth in the high jump event at the Florida Invitational...top Seminole finisher at the ACC/

at the University of Maryland for a number of years.

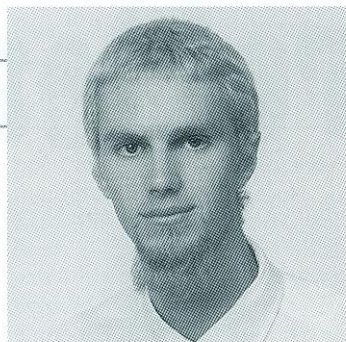
**Josh Bowling  
Sophomore,  
Throws  
Tallahassee, FL (North  
Florida Christian)**



Most talented thrower of the young throwers on the team...will be looked upon to make contributions in the weight throw, discus and hammer...should rise to the top of the conference with experience...**1999:** Redshirted...**Prep:** Two-time district champ in the discus...district and regional champ in the discus and shot put as a senior...voted team MVP as a junior...finished 3rd as a

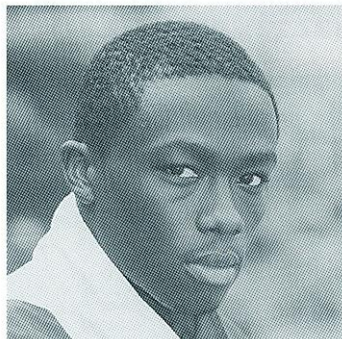
junior and 2nd as a senior in the state discus throw championships...named All-Big Bend discus thrower of the year as a senior...was Tallahassee City Champ in the discus as a senior...academic state champ in engineering...**Personal:** Majoring in sports medicine...was one inch away from a state record in the discus with a throw of 104'3"...born on October 10, 1979.

**Wade Brett**  
**Sophomore,**  
**Middle Distance**  
**Port Lavaca, TX (St. Joseph's HS)**  
**Collegiate Bests:**  
**800m (1:54.33),**  
**1500m (4:14.73)**



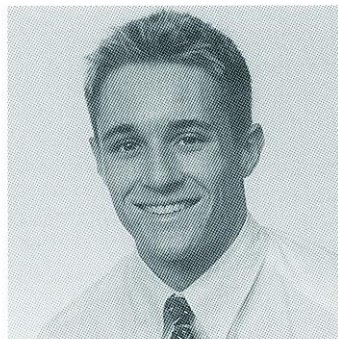
Part of a deep and experienced group of 800m runners...constantly improving runner...attempting to adjust to running longer distances in collegiate competition for the Noles...**1999:** Top Seminole finisher in 800m event at Florida Invitational...among top 10 performers at the ACC/SEC Challenge...best performance of season came at the FSU Relays where he established a new collegiate best in the 800m with a time of 1:54.33...also competed in 1500m with best showing coming at the UF Relays...**1998:** Redshirted...**Prep:** Won the Texas state title (TAPPS) in the 800m as a senior...a four-year basketball letterman...named to the second-team all-state basketball team as a senior...also ran cross country and was an honor roll student...**Personal:** A mechanical engineering major...rooms with pole vaulter Jason Dean...born March 26, 1979.

**Danyne Brown**  
**Freshman,**  
**Hurdles**  
**Camden, NJ**  
**(Camden HS)**



One of the most highly-recruited freshman in the nation last year...possesses a great work ethic in the weight room and on

**Jason Dean**  
**Junior, Pole Vault**  
**Clearwater, FL**  
**(Clearwater HS)**  
**Collegiate Best:**  
**Pole Vault (17-0.75)**



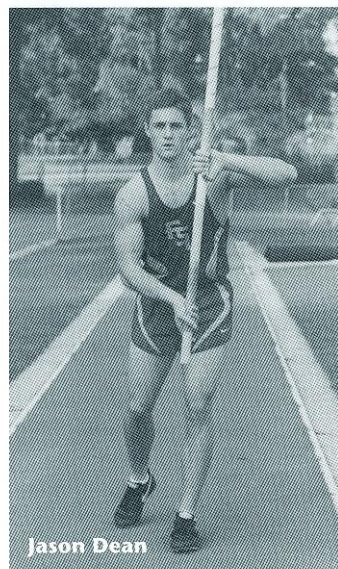
Emerged as one of the top conference competitors during sophomore year...will again compete for conference and national honors this season..two-

with a mark of 15-3...scored at the ACC Indoors with a fourth place effort of 15-5.75...won the FAMU Relays (16-0)...finished fourth at the Florida Relays with a vault of 15-9.25...took the Florida Intercollegiates pole vault title (15-6)...the ACC Outdoor runner-up at 16-3.25...recorded a mark of 16-1.25 at the Penn Relays and finished third...established a collegiate best at the Seminole Twilight (16-6.75) in a second place effort...**Prep:** An all-state and all-conference pole vaulter as a junior and senior...placed second at state and first as a senior in the pole vault...won the National Junior Olympic pole vault title (15-5) in Baton Rouge, LA...owns the Clearwater school record in the pole vault...carried a 3.2 GPA and earned the Gold Seal Scholarship...**Personal:** Majoring in sports

## FLORIDA STATE UNIVERSITY

the track...could emerge as one of the top hurdlers in Florida State history...has the potential and ability to be a consistent contender for conference titles and NCAA automatic qualifications throughout FSU career...**Prep:** New Jersey state champion and high school All-American in the 110m hurdles and 400m hurdles as a senior and junior...high school best performance in the 110m hurdles (13.43) would have been the top time at FSU in 1999...110m hurdle time of 13.43 was the second fastest high school time in the country in 1999...named all-conference for past three years at Camden High...**Personal:** Rooms with another highly-touted freshman prospect Tony Martin...a sports management major...born on April 14, 1981.

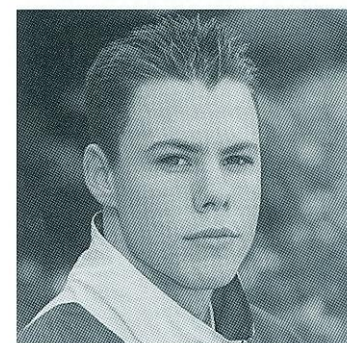
time defending ACC pole vault champion...owner of the fifth best vault in FSU history...**1999:** Put together impressive string of second-place finishes in first three meets...took home the ACC crown in the pole vault competition at the ACC Indoors...finished indoor season with the best mark in the conference...personal best mark of 17-0.75 at the FSU Relays ranked fifth best in FSU history...completed outdoor season with top mark in the ACC in the pole vault event...**1998:** Placed 10th at the ACC/SEC Challenge in the pole vault



Jason Dean

administration...rooms with teammate Wade Brett...born June 1, 1979.

**Patrick Gerberich**  
**Freshman,**  
**Pole Vault**  
**Clermont, FL (South Lake High School)**



Member of one of the finest pole vault recruiting classes in FSU history...versatile athlete who competed in football, cross country, and track and field in high school...will redshirt this year to better prepare for competition at the college level...**Prep:** Named track athlete of the year for Lake County senior year...Florida state champion sophomore year...

!!

2

0

0

0

0

M

E

D

I

A

G

U

I

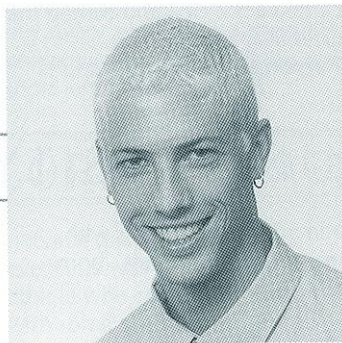
D

E

T Florida state runner-up freshman  
 R year...recipient of Gold Seal  
 A scholarship...**Personal:** Unde-  
 C decided major...member of FCA...  
 K mother participated in the  
 & Florida State University Flying  
 F High Circus...when asked why  
 I he is attending FSU quipped "I  
 E was born with garnet and gold  
 L coursing through my veins."...  
 D born September 5, 1980.

## Iain Harnden

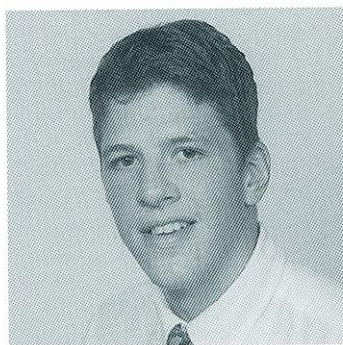
**Senior, Hurdles**  
**Harare, Zimbabwe**  
**(Peterhouse)**  
**Collegiate Bests:**  
**55m Hurdles (7.54),**  
**60m Hurdles (8.05),**  
**200m (21.94)**



Top hurdler for the Seminoles...  
 excellent all-around athlete...  
 should compete for conference  
 crown in the hurdles...**1999:**  
 Started indoor season with first-  
 place finish in the 200m and a  
 third place effort in 55m hurdles  
 at Florida Intercollegiates...top  
 Seminole finisher in 55m hurdles  
 at the Florida Invitational...  
 turned in a top ten performance  
 at the ACC/SEC Challenge...  
 finished indoor season with the  
 third best 55m hurdles mark and  
 sixth best 60m hurdles time in  
 the conference...redshirted the  
 outdoor season...**Prep:** Com-  
 peted in rugby, squash, tennis,  
 cricket, track, and basketball at  
 Peterhouse...**Personal:** A civil  
 engineering major...lives and  
 trains with his brother, Ken, who  
 was a national champion in the  
 400m hurdles in 1995 at UNC  
 and an Olympian for Zimbabwe  
 in '96...celebrates a September  
 23, 1978 birthday.

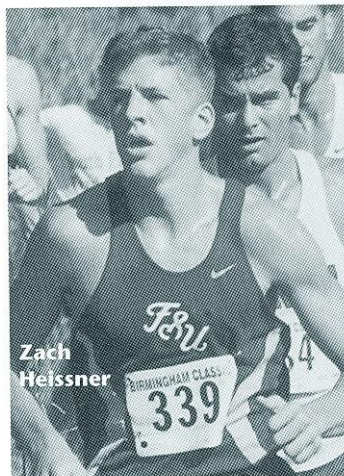
## Zach Heissner

**Sophomore, Distance**  
**Jupiter, FL (Jupiter HS)**



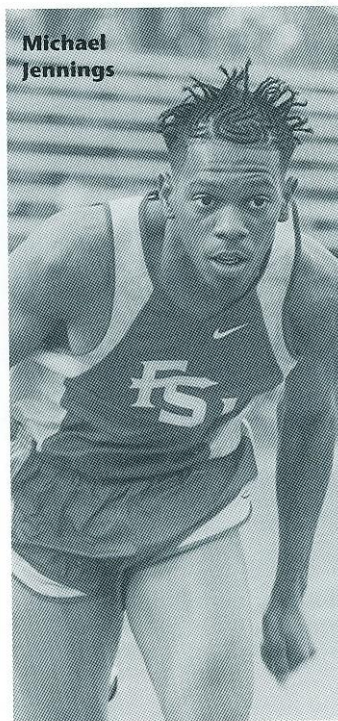
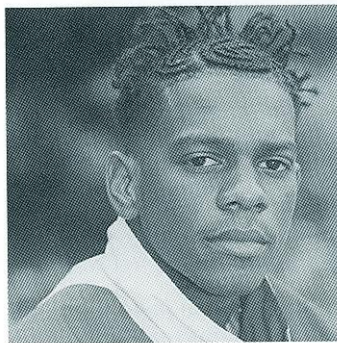
One of the top runners for the  
 cross country team...will look to  
 add depth to an experienced  
 group of middle and long  
 distance athletes...**1999:** Had a

breakout year in cross country  
 finishing as one of FSU's top two  
 finishers in four of five races...led  
 team at the Stanford Invitational  
 ...posted a personal season's  
 best at the Crimson Classic with  
 a time of 26:01 in the 8K...  
**Prep:** All-County for three years  
 in cross country and track...  
 placed fourth in the two-mile as  
 a senior and third in the mile...  
**Personal:** Majoring in physical  
 therapy...born on November 16,  
 1979.



## Michael Jennings

**Sophomore, Sprints**  
**Jacksonville, FL**  
**(Forrest HS)**  
**Collegiate Bests: 200m**  
**(22.22), 400m(47.51)**

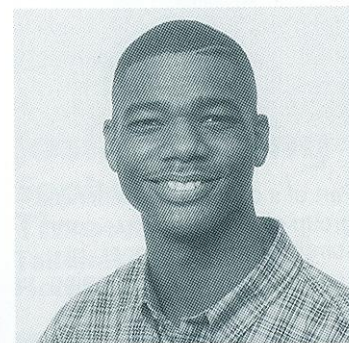


Will provide depth in Seminole  
 sprinting unit...hardwork during  
 off-season seems to be paying  
 dividends...added strength  
 should be a major factor in  
 claiming post-season honors...  
**1999:** Highlight of the indoor  
 season was personal best time of  
 22.22 in the 200m event...  
 posted second best time on

team in 400m event at Seminole  
 Twilight competition...finished  
 outdoor season among the top  
 10 conference performers in the  
 400m...member of 4x400m  
 relay team that finished with the  
 10th best mark in Seminole  
 history.

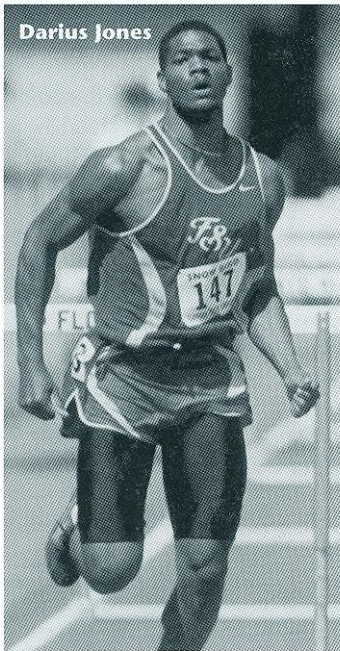
## Darius Jones

**Senior, Multi-Events**  
**Tallahassee, FL**  
**(Godby HS)**  
**Collegiate Bests:**  
**Decathlon (7269), High**  
**Jump (7-0.25), Long**  
**Jump (24-8.25), Triple**  
**Jump (47-1.75), Pole**  
**Vault (16-3.25)**



One of the best all-around ath-  
 letes in Seminole history...posted  
 the school's second best decath-  
 alon point total of all time...  
**1999:** Improved marks across  
 the board and added new events  
 to his repertoire...opened  
 indoor season with first place  
 finish in the long jump and  
 fourth place effort in the high  
 jump at Florida Intercollegiates  
 ...finished third in the high jump  
 and second in the long jump at  
 the Florida Invitational...com-  
 pleted the indoor season tied for  
 the best mark in the ACC in the  
 long jump, third in the high  
 jump, fourth in the pole vault,  
 and eighth in the triple jump...  
 took home conference title in  
 long jump event...recorded an  
 NCAA Provisional Mark for his  
 7,269 point effort in the de-

# men's profiles



Darius Jones

cathalon competition at the FSU Relays...had best outdoor season

8) at the ACC Outdoors...took sixth in th pole vault at the Penn Relays with a collegiate best mark of 15-7.25...won the Seminole Twilight decathlon with 7,178 points, an NCAA provisional total, and the high jump (6-10.75)...**1997:** High jumped 6-6.75 to take 10th at the ACC/SEC Challenge...finished sixth at the Wildcat Classic in the pole vault (15-0) and fourth in the long jump (21-0.75)...placed fifth at the ACC Indoors in the high jump (6-9), sixth in the pole vault (15-7.75) and eighth in the long jump (23 7.25)...placed 10th in the decathlon at the FSU Relays with a point total of 6243...won the high jump at the Florida Relays (6-10.75)...finished fifth in the long jump (23-2.50) and seventh in the pole vault (14-5.50) at the ACC Outdoors...**Prep:** A high school All-

to be one of the team's top contributors...versatile athlete who fills in wherever needed...**1999:** Recorded eighth best conference time in 55m event...had his best outing of the season at the South Florida Invitational where he finished second in the 100m event...recorded personal best time of 21.54 in the 200m at the quad meet with Fresno State, Illinois, and University of Florida ...member of 4x100m relay team that placed third at the same quad meet...**1998:** In the season opener, ran 6.75 in the prelims of the 55m at the Florida Invitational, but did not advance ...placed 20th with a time of 23.28 at the FSU Relays...finished 10th at the Florida Intercollegiates in the 200m (23.88) ...clocked in at 22.23 in a ninth place finish at the FSU-UF-Nebraska tri-meet...placed 16th with a time of 22.53 in the

pursuing a minor in sports management.

**Kolby Jones**  
**Freshman,**  
**Long Jump**  
**Waukee, IA**  
**(Dowling High School)**

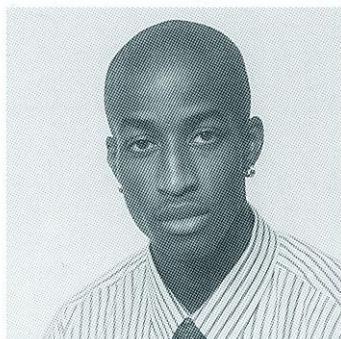
Adds needed depth to FSU as a jumper...talented athlete who competed in football and track and field all four years of high school...**Prep:** Named elite all-state in 4x100 and long jump senior year...all-conference junior year and senior year...Drake relays long jump champion senior year...made CIML honor roll...**Personal:** Business major...father played football at the University of Northern Iowa...rooms with fellow FSU

FLORIDA STATE UNIVERSITY

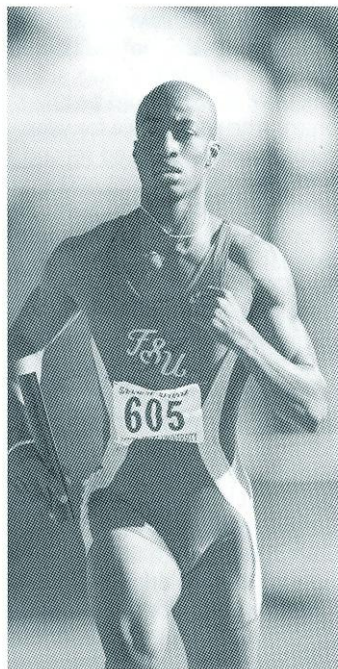
point total in the conference by more than 200 points...took home first place in the pole vault event at the Florida Relays which was 10th best in FSU history...finished the outdoor season among the top 10 performers in the conference in five categories...**1998:** Started off the season at the Florida Invitational with a high jump of 6-10.25, good for fourth place...long jumped 23-8.75 and finished sixth at the ACC/SEC Challenge ...placed sixth in the pole vault (15-3), eighth in the long jump (22-8.50) and fourth in the high jump (6-9.75) at the Barnett Bank Invitational...the leading point scorer at the ACC Indoors as he high jumped 6-9.75 (second), long jumped 22-10.50 (seventh) and pole vaulted 15-5.75 (sixth)...recorded a fourth place finish in the decathlon with a point total of 6,810 at the FSU Relays...added a seventh in the pole vault (15-7), a third in the long jump (22-1) and a second in the high jump (6-8.75)...also threw the javelin 150-9 in individual competition ...placed sixth in the Florida Relays high jump at 6-8.75... picked up second place points in the decathlon (6735), third place points in the long jump (23-11.75) and fifth place points in the high jump (6-

American at Godby...recorded career-best marks of 6-10 in the high jump and 14-6 in the pole vault...named first team all-state as a freshman...also played basketball...**Personal:** A Golden Nole Award winner in 1997-98...enrolled in FSU's criminology program...born December 5, 1977.

**Jayson Jones**  
**Senior, Sprints**  
**Columbus, GA**  
**(Heidelberg HS, Germany)**  
**Collegiate Bests:**  
**55m (6.59), 100m**  
**(10.69), 200m (21.54),**  
**400m (48.66)**

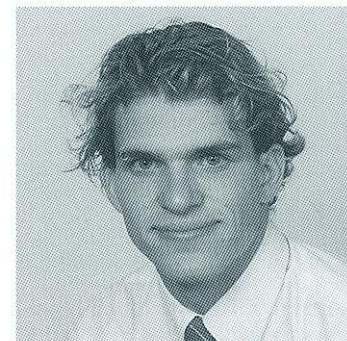


Most experienced returning sprinter...combines great athleticism with exceptional work ethic



teammates Greg Gorski and Jeff Atkinson...born January 28, 1981.

**Tommy Kunish**  
**Sophomore,**  
**Distance**  
**Pensacola, FL**  
**(Woodham HS)**  
**Collegiate Bests: 1500m**  
**(3:56.79), 3000m**  
**(9:53.74), 3000m**  
**Steeplechase (10:18.47),**  
**Mile (4:25.77)**

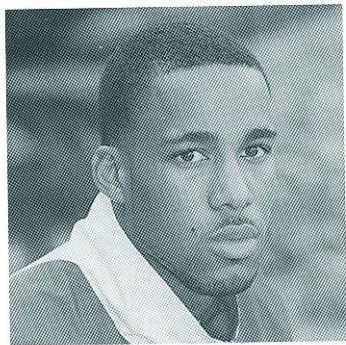


200m at the Seminole Twilight...**Prep:** Named MVP of Heidelberg High School track team...team captain of school's football team...won several awards as a standout wide receiver...an honor roll student who was a two year academic all-conference honoree for football and track...**Personal:** Celebrates an August 15, 1977...lived in Germany for 12 years (father was in the Army)...majoring in information studies while also

Rising young star in the men's distance program...finished in FSU's top five in every cross country race during the fall...should gain valuable experience this season running in multiple events...tough competitor who

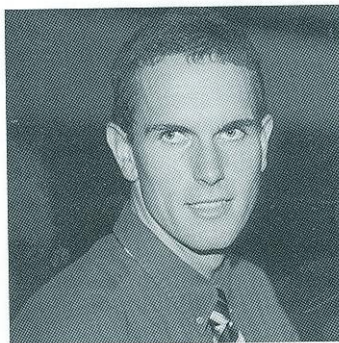
T trains hard...**1999:** Finished  
R third among Seminole competi-  
A tors at the Florida Intercollegiates  
C and Florida Invitational...had  
K best outing of the year at quad  
& meet with Fresno State, Illinois,  
F and University of Florida where  
I he placed among the top 10  
E competitors in the 3000m and  
L 3000m Steeplechase events...  
D finished seventh in the 1500m  
event at the FSU Relays...**Prep:**  
All-Northwest Florida track and  
cross country Runner of the Year  
in 1997 and '98...a two-year all-  
state cross country performer...  
earned all-state status in the  
1600m (state champion) and  
3200m...named to the 1998  
Woodham High School Hall of  
Fame...played four years of  
soccer in addition to track  
and cross country...**Personal:**  
An education major...relative of  
former FSU distance runner and  
former volunteer assistant David

**Mario Lowe**  
Sophomore,  
Jumps  
Lithonia, GA  
Collegiate Bests:  
High Jump (6-8.75),  
Long Jump (22-6.50),  
Triple Jump  
(51-11.25)



Excelled in true freshman cam-  
paign a year ago...will contend

**Michael  
Maier**  
Senior, Distance  
Sonnenbuehl, Germany  
(Tuebingen University)  
Collegiate Bests:  
800m (1:58.41),  
1500m (3:55.89),  
3000m (9:18.25)



...had the second fastest time on  
the team in the 3000m in 1999  
(9:18.25)...ran a personal season  
best 26:39 in the 8K at the South  
Florida Invitational finishing in  
17th place during the cross  
country season...**1998:** Saw  
limited action during indoor  
season...finished 13th in the 3K  
steeplechase in 10:13.10 at the  
Clemson Invitational...placed  
seventh in the Seminole Twilight  
800m with a time of 1:57.47  
...recorded a collegiate best time  
of 4:02.58 in the ACC 1500m  
prelims...**1997:** Spent the fall  
competing as a member of the  
FSU cross country team...**Prep:**  
Finished sixth at the German  
Junior Championships in the  
1500m after placing eighth in  
1995...recorded a time of 8:28  
in the 3K (indoor)...**Personal:**  
Plans to major in business...

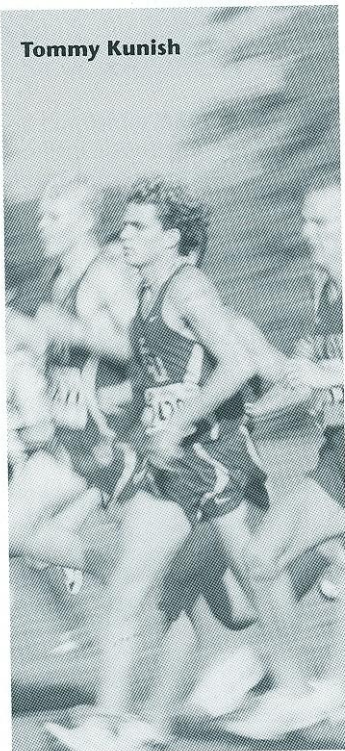
FLORIDA STATE UNIVERSITY

men's profiles

14

Ogletree...born July 16, 1980.

Tommy Kunish



for ACC crown this year after  
capturing All-ACC honors last  
season...a talented, strong  
athlete who will should be a  
force in the conference for years  
to come...**1999:** Placed second  
in the triple jump event and  
fourth in the long jump at his  
first collegiate meet...took home  
first place in the triple jump at  
the ACC/SEC Challenge...ended  
indoor season with the second  
best conference mark in the  
triple jump and sixth best in the  
high jump...earned All-ACC  
honors for his efforts in the  
indoor season...mark of 51-11.25  
in the triple jump at the Texas  
Relays was the fourth best in FSU  
history...excelled in the high  
jump as well with a fifth place  
showing at the Florida Relays...  
completed outdoor season with  
top conference mark in the triple  
jump event...**Prep:** All-state  
selection in triple jump...named  
to Who's Who in Track and  
Field...all-conference performer  
in field events...voted MVP of  
high school squad...participated  
in cross country and basketball in  
addition to track duties...  
**Personal:** A sports medicine  
major...father was an all All-  
American triple jumper at  
Georgia Tech...enjoys reading  
science fiction books...born  
April 20, 1980

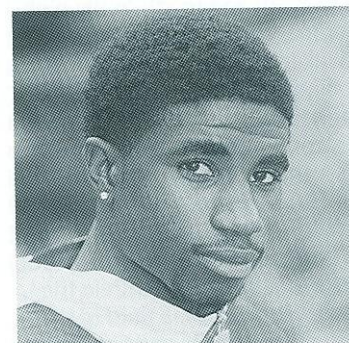


Michael Maier

A talented runner who shows  
flashes of brilliance...one of the  
fastest milers on the team...had  
trouble early on in his FSU career  
adapting to the climate change  
...excellent stamina and a hard  
worker...**1999:** Placed fifth in  
the 1500m run at the FSU Relays  
with a time of 3:55.89...finished  
16th at the Seminole Twilight in  
the 800m with a time of 1:58.41

father was a two-time Olympic  
athlete in the 3K steeplechase  
('72, '76) and a coach in  
'88...born January 11, 1976.

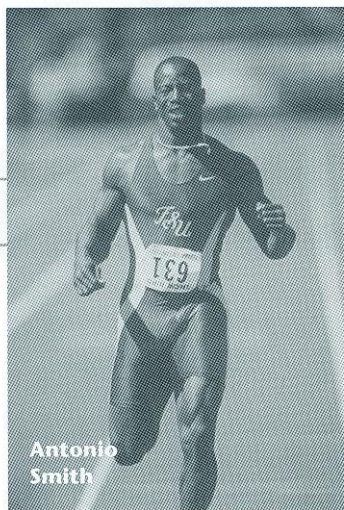
**Antonio  
Martin**  
Freshman,  
Middle Distance  
Samford, FL  
(Seminole HS)



Key member of freshmen re-  
cruiting class who should have  
the opportunity to compete  
right away...a highly recruited  
athlete who chose FSU over  
many top programs in the  
country...joins a deep middle  
distance unit that will be to-

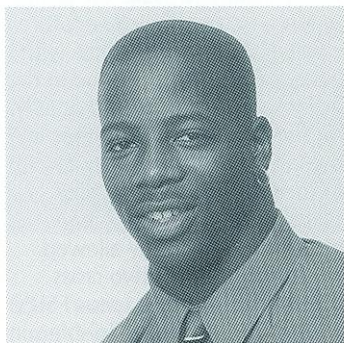


gether for many years to come...possesses the range to compete well at various distances...**Prep:** Florida State champion in the 800m as a senior and sophomore in high school...posted a personal best time of 1:53.70 at Seminole High School, which would have been the second fastest time at Florida State in 1999 in the 800m...played football and track and field at Seminole High... named Athlete of the Year as a senior...**Personal:** Majoring in computer science...lives with teammate Danyne Brown... celebrates a May 16, 1981 birthday.



Antonio Smith

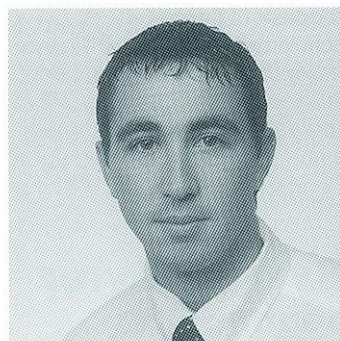
**Antonio Smith**  
Senior, Sprints  
Tallahassee, FL  
(Rickards HS)  
Collegiate Bests: 200m (21.50), 400m (47.41)



Former ACC scorer in the 400m who coaches expect to return to that level in 2000... intelligent and strong athlete that has been one of the most consistent sprinters through

out his FSU career...will be asked to lead a young sprint unit as a senior...**1999:** Redshirted...**1998:** Took ninth in the 400m at the Florida Invitational with a time of 49.51...placed 17th (49.50) in that event at the Barnett Bank Invitational... finished third at the FSU Relays with a 400m time of 49.16 to start the outdoor season... clocked in at 48.96 (19th) in the Florida Relays 400m...recorded times of 21.86 (fourth) and 49.08 (sixth) in the 200m and 400m at the Florida Intercollegiates...scored at the ACC Outdoors with a seventh place 400m time of 47.56...qualified for the finals in a collegiate best 47.41...just missed qualifying in the 200m (21.50)...placed seventh in the 400m (48.18) and eighth in the 200m (21.77) at the Seminole Twilight...**1997:** Clocked in at 49.66 in the 400m

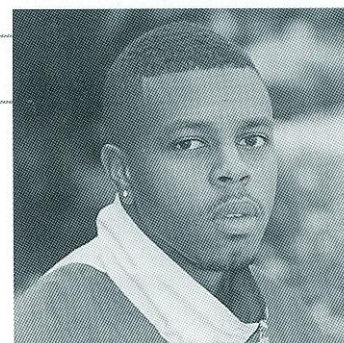
**Danny Smith**  
Senior,  
Middle Distance  
Orlando, FL (Oak Ridge HS)  
Collegiate Bests:  
400m (48.40),  
800m (1:49.40)



Returns for senior year to cap off a distinguished career at Florida State...one of the top middle

of 1:56.12...ran a season best 1:52.18 at the Seminole Twilight ...**Prep:** All-American at Oak Ridge High School in the 4x800m...school record holder in five events...participated in football, soccer and track...state 800m champion in 1994... fourth at Junior Nationals in the 800m in 1995...**Personal:** Majoring in hospitality administration...born December 30, 1976.

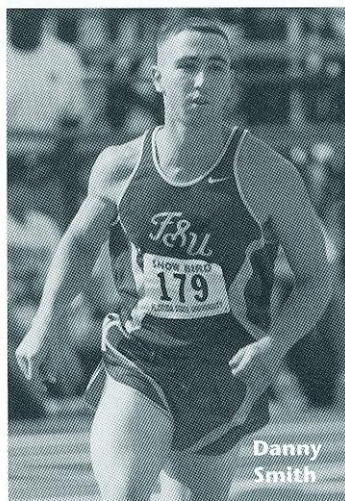
**Tavaris Spradley**  
Sophomore,  
Sprints  
Tallahassee, FL (Leon HS)  
Collegiate Bests: 100m (10.58), 200m (21.19), 400m (47.52)



Arguably the fastest returning Seminole...clocked the fastest times in the 100m and 200m for FSU during last outdoor season... two-way athlete who also competes on FSU's football team...**1999:** Concentrated on 100m and 200m but had the versatility to run on the 4x400m relay team for the Noles...part of FSU 4x400m relay team that set the 10th fastest time in school history (3:06.83) at the Griffin Invitational in late May...set FSU's fastest times of the year in the 100m (10.58) and 200m (21.19) at the USTCA Series in Gainesville in early May...**1998:** Posted a 200m time of 21.99 (eighth) at the Barnett Bank Invitational... placed fourth with a 100m time of 10.79 at the FSU Relays...won the Florida Intercollegiates 100m title with a time of 10.74...also took second in the 200m in 21.56...picked up seventh place points at the ACC Outdoor 200m with a time of 21.51 in the finals...recorded collegiate

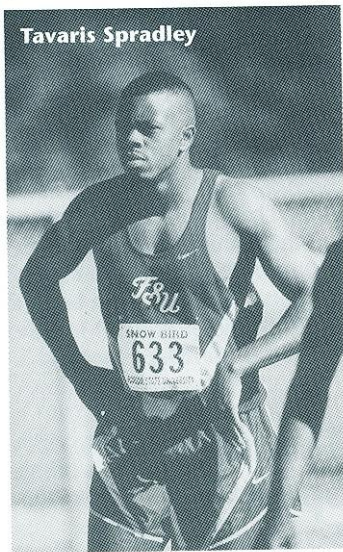
## FLORIDA STATE

at the ACC/SEC challenge (20th)...ran 51.24 in the 400m and 22.73 in the 200m in the prelims of the ACC Indoor Championships...finished ninth in the 400m at the Snow-bird Invitational (49.23)... placed sixth in the 200m at the Florida Intercollegiate with a time of 22.18...finished 14th (22.39) in the 200m and 11th (49.40) in the 400m at the ACC Outdoors ...**Prep:** Won district and regional 400m titles before placing third at state...an honor roll student...involved in Academy of Public Service shuttle program (public service jobs)...**Personal:** Majoring in ciminology...born September 9, 1977.



Danny Smith

distance runners on the team... one of five Seminole men named to the All-ACC team in 1999 (4x400m relay team)...former conference scorer in the 800m run who looks to post some NCAA qualifying marks in the year 2000...**1999:** Had top FSU time on the outdoor season in the 800m with a time of 1:53.08 at the FSU Relays... placed fourth at the USTCA Series in Gainesville with a time of 1:54.03 in the 800m run...just missed scoring at the ACC Outdoors in the 800m, finishing in ninth with a time of 1:57.45...**1998:** Finished fifth in the 400m at the Florida Invitational in 48.40... clocked in at 1:52.75 (fourth) at the ACC/SEC challenge...took third in the 800m at the ACC Outdoors with a time of 1:51.65 ...took a redshirt during the outdoor season...**1997:** Started the indoor season with a second place finish in the 800m in 1:52.52...recorded a mark of 1:52.33 in a 12th place 800m effort at the Georgia Tech Invitational...closed the season with a fifth place finish (1:52.94) in the 800m at the Seminole Twilight...**1996:** Placed sixth at the Snowbird Invitational in the 800m (1:53.89)...scored at the ACC Outdoors in the 800m with and eighth place finish and time



**Tavaris Spradley**

best 100m (10.72) and 200m (21.23) in the preliminary rounds of those events...took fifth in the 400m and fourth in the 200m with times of 47.52

year of high school...**Prep:** Team captain and most valuable athlete at Riverview High School senior year...named all-area track athlete of the year by the *Sarasota Harold Tribune* senior year...helped lead team to 1999 Florida 6A state championship...made fall '99 Dean's list and recipient of Bright Futures Scholarship...**Personal:** Finance major...Eagle Scout...member of Pi Kappa Alpha fraternity...will compete against brother who is a pole vaulter at the University of Florida...born March 2, 1981.

**Byron Taylor**  
Sophomore,  
Hurdles  
Stone Mountain, GA  
(Stephenson HS)  
Collegiate Bests:

the potential to develop into one of the best hurdlers to ever come out of Florida State...**1999:** had best mark of the season for FSU in the 110m hurdles (14.44)...garnered a sixth-place finish at the FSU Relays and ACC Outdoor Championships in the 400m hurdles...time of 53.38 in the 400m hurdles was the second fastest by a Seminole in 1999...member of the 4x100m relay team that had the fastest time of the FSU outdoor season...**Prep:** An all-metro 300m hurdler who was named to the Atlanta 1st team...lettered in cross country and track at Stephenson High...named MVP of track team...**Personal:** Celebrates a March 21, 1980 birthday...lives with freshman sprinter Al Young...undecided on a major.

place finish at the Seminole Twilight in the 800m...finished in fifth place at the Jacksonville University Invitational in the 800m (1:59.60)...**Prep:** Voted Most Outstanding Athlete of his high school as a senior in 1997...**Personal:** Pursuing a degree in computer science...born on January 6, 1980.

**Maarten van den Huevel**  
Freshman,  
Distance  
Warnsveld, Netherlands  
(Baudartius College)

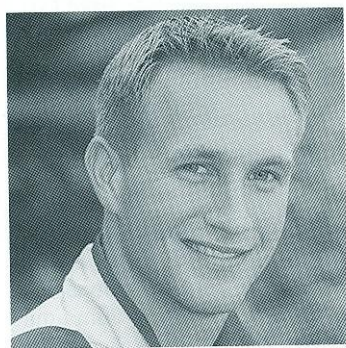
FLORIDA STATE UNIVERSITY

men's profiles

18

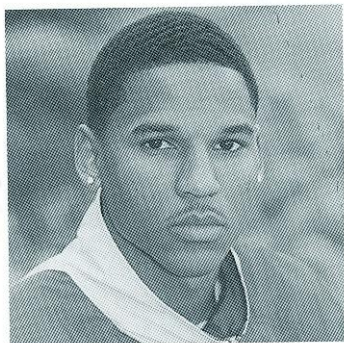
and 21.43 at the Seminole Twilight...**Prep:** A standout sprinter at nearby Leon High School...**Personal:** Enrolled in FSU's undergraduate studies program...born September 5, 1978.

**Jared Sweetser**  
Freshman,  
Pole Vault  
Sarasota, FL  
(Riverview High School)

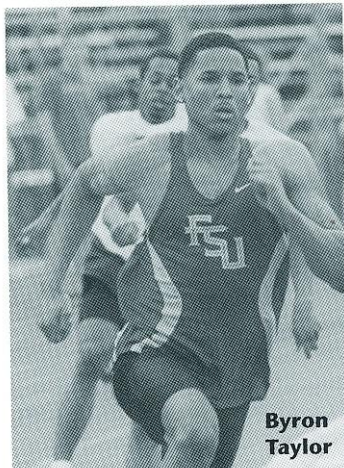


Very promising freshman pole vault prospect for the Seminoles...multi-talented athlete in high school who competed in track, football, tennis, and golf...Florida decathlon state champion senior

**110m hurdles (14.44),  
400m hurdles (53.38)**

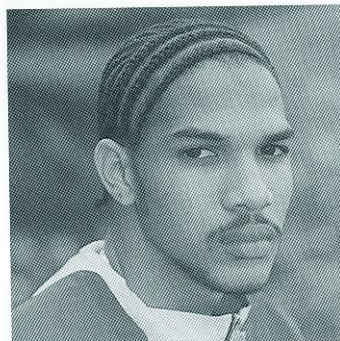


A key member of hurdles unit whose success will greatly impact the men's success this season...has steadily improved since arriving in Tallahassee...has

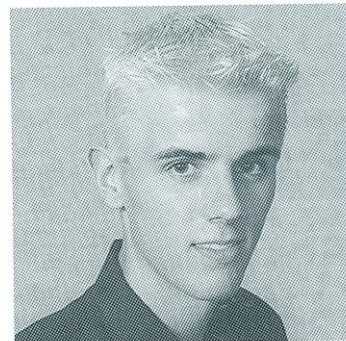


**Byron Taylor**

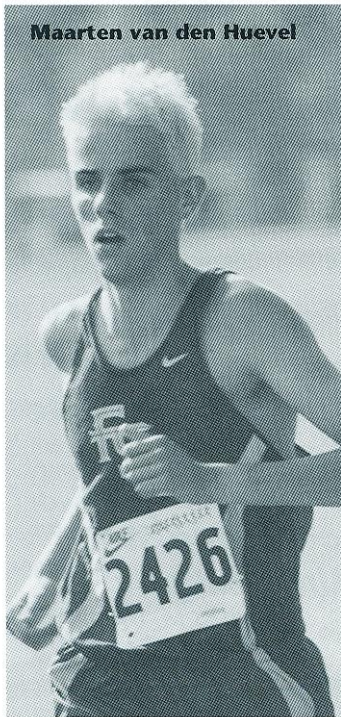
**Kintor Tynes**  
Sophomore,  
Middle Distance  
Freeport Grand Bahama,  
Bahamas (Freeport HS)  
Collegiate Bests:  
800m (1:56.64)



A highly touted sophomore who is an excellent all-around athlete...will look to gain more experience in 2000 and should be a future conference scorer for FSU...has the potential through hardwork in the weight room and on the track to be one of the most successful middle distance runners in Seminole history...**1999:** Clocked the third fastest time of the season for the Seminoles in the 800m with a mark of 1:56.64...had a fourth-



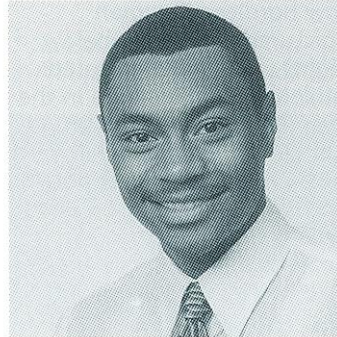
One of the most sought after recruits from overseas...a talented middle-distance runner who will look to make the jump to longer distances in the future...will excel at any distance with hardwork on the track and in the weight room...looking to qualify for the world championships in the fall...compares closely to former Seminole great Ocky Clark...**1999:** Had an injury-plagued fall that only allowed him to compete in two cross country races during...was FSU's second-fastest runner finishing in 63rd-place at the NCAA District IX South Regionals in November...**Prep:** Top times include 1:48.69 in the 800m and 3:52.11 in the 1500m...the Dutch Junior National Champion in the 800m...**Personal:**



Maarten van den Huevel

the 10,000m...placed eighth at the ACC Championships in the 10,000m with a time of 32:26.41...had top five finish in a quad meet in the 5000m with a time of 15:49.05...led men in three of four cross country races in 1999, including the ACC Championships and NCAA Regionals... posted a season's team best mark of 25:50 in the 8K at the Crimson Classic in September...**Prep:** The 4A state of Florida cross country champion as a senior...earned district title, all-state 4A runner of the year honors that year...an all-conference runner as a junior... participated in both cross country and track at Riverdale ...**Personal:** An accounting major...transferred from Troy State University...father, George, was a swimmer at LSU...born August 17, 1978.

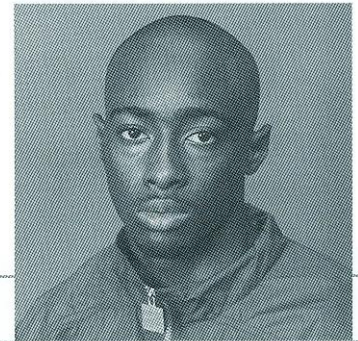
**Christopher Williams**  
**Sophomore,**  
**Middle Distance**  
**APO, Germany**  
**(Mannheim HS)**  
**Collegiate Bests:**  
**400m (48.50)**



A well-respected international runner who looks to leave his

also the yearbook editor and artist as a junior...born October 14, 1978...pursuing a degree in English...father played defensive back and tight end in the NFL for the Washington Redskins.

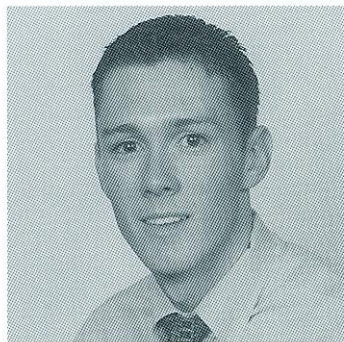
**Al Young**  
**Sophomore,**  
**Sprints**  
**Miami, FL**  
**(Boyd Anderson)**  
**Collegiate Bests: 100m**  
**(10.75), 200m (21.81)**



FLORIDA STATE UNIVERSITY

Majoring in humanities...enjoys speed training...celebrates an April 15, 1981 birthday.

**Josh Ware**  
**Senior, Distance**  
**Ft. Myers, FL**  
**(Riverdale HS)**  
**Collegiate Bests: 3000m**  
**Steeplechase (10:18.45),**  
**5000m (15:49.05),**  
**10,000m (32:26.41)**



Solid runner throughout career...mentally tough senior who is the most experienced distance runner on the team...battled through some injuries in 1998... potential to be a conference scorer in 2000...**1999:** Had FSU's top times in the 3000m Steeplechase, the 5000m and

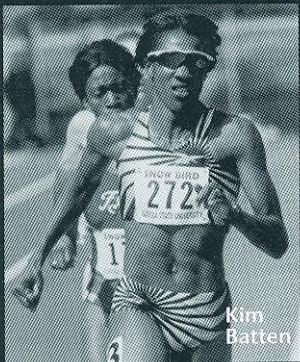


Josh Ware

mark in the conference this season...concentrates mainly on the 400m and 200m events but also runs sprint relays for FSU...will push and provide the veteran runners with an excellent training partner as one of the top-conditioned athletes on the team...**1999:** Recorded fourth fastest 400m time of the season for FSU at the ACC Outdoor Championships (48.50)... finished seventh in the conference in the 400m dash during the outdoor season...won the 400m dash at the Jacksonville University Invitational in early April with a time of 48.60...was a member of the 4x100m relay team that had the top FSU time during the outdoor season (40.76)...**1998:** Redshirted...**Prep:** Placed third in the 400m and second in the 800m in Europe in 1997...named the '97 Runner of the Year...member of 4x400m relay team finished second in Europe in '94...received academic-athletic award three consecutive years (1995-97)...honor roll member at Mannheim High School...also honored for outstanding participation for community service...**Personal:** A member of the Model United Nations in 1996 and 1997...voted student government treasurer as a senior...

Excellent athlete who gained valuable experience competing last year as a true freshman...will solidify deep sprinting unit in 2000...has the potential to be a future scorer in the conference and in the NCAA...**1999:** Best meet was at the USTCA Series in Gainesville in early May, recorded top 10 finishes in the 100m and 200m dashes...finished outdoor season with FSU's third fastest 100m time and fourth fastest 200m time...key member of the 4x100m relay team that finished in third with the Seminoles fastest time of the year at the USTCA Series (40.76) ...**Prep:** Two-sport star in high school...earned letters in both football and track...named to the first team all-county football team as a wide receiver...selected as the Track Athlete of the Year on 1997 by the *Miami Herald* and the *Ft. Lauderdale Sun-Sentinel* Track Athlete of the Year in '98...**Personal:** Rooms with teammate Byron Taylor...born November 21, 1979...enrolled in FSU's undergraduate studies program.

17  
2  
0  
0  
0  
0  
M  
E  
D  
I  
A  
G  
U  
I  
D  
E



## Track & Field Hall of Fame Members

(year of induction)

### Women

- Kim Batten (97)
- Michelle Finn (90)
- Randy Givens (89)
- Marita Payne (91)

### Men

- Mike Conley (80)
- Bradley Cooper (84)
- Jesse Forbes (83)
- Carlos Fraundorfer (93)
- Ron Harrison (97)
- Miek Kelly (79)
- Jim Casteel (95)
- Walter McCoy (86)
- Jerry McDaniel (98)
- Ken Misner (77)
- Michael Roberson (85)
- Danny Smith (81)
- Allen Williams (99)



# Tom Bowman

This former Seminole great set FSU records in four events during his career, the high hurdles, broad jump, 100-yard dash and 220-yard low hurdles. Bowman (pictured in uniform below, right) was a multi-talented athlete who competed in the high and low hurdles, broad jump, 100-yard and 200-yard dash, high jump, shot put and javelin. His season point record stood for over 25 years as did his single meet scoring record of 28 points against Howard College on May 13, 1950.

In the spring of 2000, Bowman will be a candidate to be inducted into the FSU Hall of Fame. He will be forever remembered as the first Seminole to ever win a sprint race as well as the first Seminole to ever win in the low hurdles. Bowman graduated from Florida State University in 1950 along with Bill Duncan and team captain Brick Bradford, who were all close friends and members of the first great FSU track and field team.

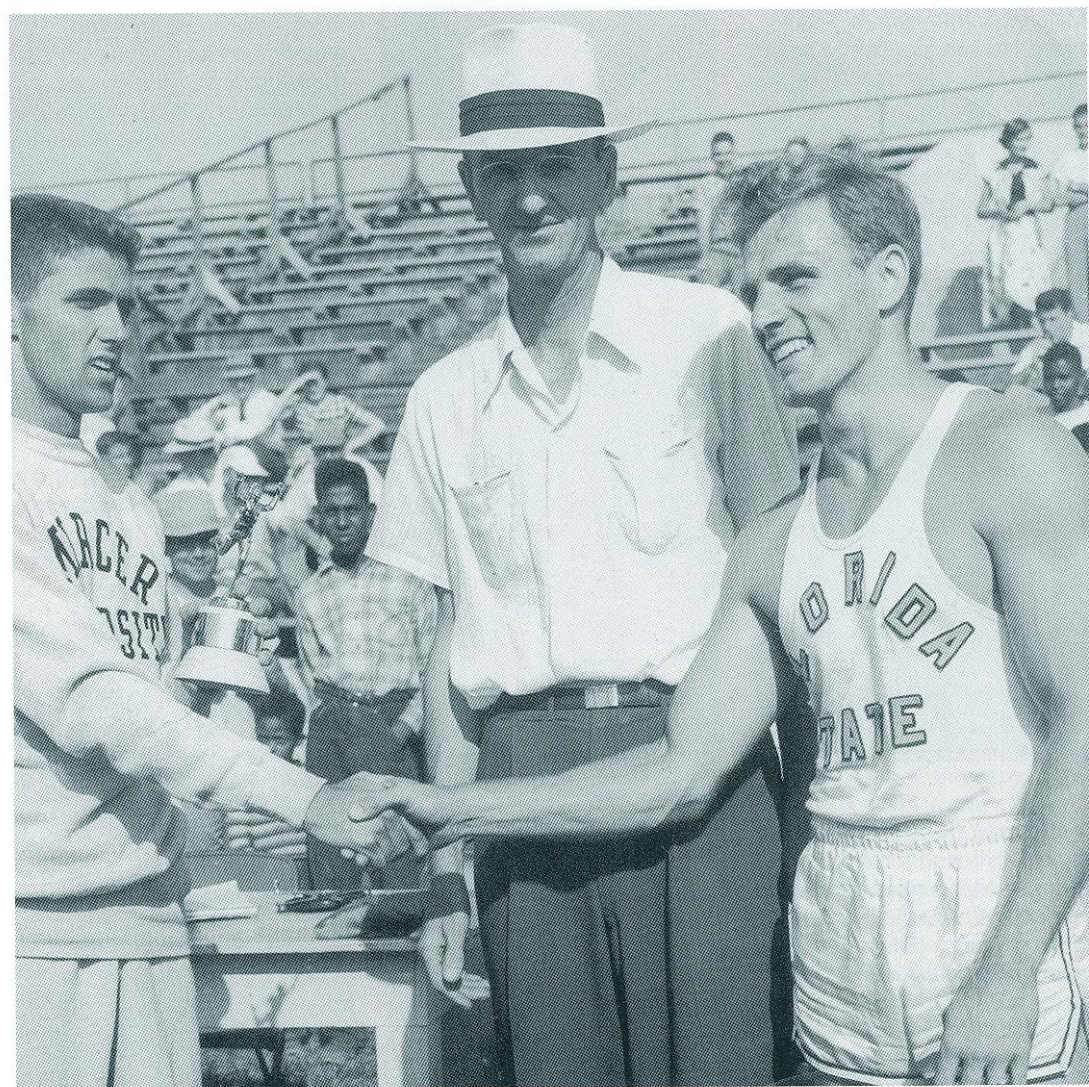
Bowman's family and the FSU track and field family will always remember Tom as one of the finest to ever wear the garnet and gold.



***"Tom Bowman was truly the first great athlete to perform in track and field at Florida State University."***

*(Curtiss M. Long, 1974)*

# FLORIDA STATE hall of fame



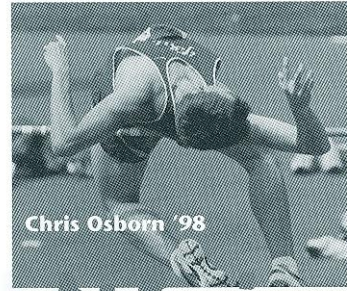
@ Qualifying times attained at altitude of 6,000 feet and above, add .07 seconds. Times attained at altitude of 3,000-5,999 feet, add .04 seconds.

## Division I/Indoor (sea level)

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
<b>55 Meters</b>	6.16 <sup>@</sup>	-	6.26 <sup>@</sup>	-
<b>60 Meters</b>	6.62 <sup>@</sup>	-	6.72 <sup>@</sup>	-
<b>55-Meter Hurdles</b>	7.23 <sup>@</sup>	-	7.39 <sup>@</sup>	-
<b>60-Meter Hurdles</b>	7.74 <sup>@</sup>	-	7.90 <sup>@</sup>	-
<b>200 Meters</b>				
(Under 200m/220 yds)*	21.30	-	21.65	-
(200m/220 yds)*	21.15	-	21.50	-
(Banked or Over 200m/220 yds)*	20.90	-	21.25	-
<b>400 Meters</b>				
(Under 200m/220 yds)*	46.97	46.7	47.70	47.4
(200m/220 yds)*	46.72	46.4	47.45	47.2
(Banked or Over 200m/220 yds)*	46.32	46.0	47.05	46.8

EVENT	METRIC	METRIC
High Jump	2.25	2.16
Pole Vault	5.50	5.25
Long Jump	7.85	7.55
Triple Jump	16.20	15.60
Shot Put	19.00	18.00
35-Pound Weight	21.35	19.30

\*-Size of track.  
#-Altitude adjustment available.



## FLORIDA STATE MEN'S

# qualifying marks

<b>800 Meters</b>				
(200m/220 yds or less)*	1:48.25	1:48.0	1:50.60	1:50.3
(Banked or Over 200m/220 yds)*	1:47.65	1:47.4	1:50.00	1:49.7
<b>Mile#</b>				
(200m/220 yds or less)*	4:00.80	4:00.5	4:06.00	4:05.7
(Banked or Over 200m/220 yds)*	4:00.00	3:59.7	4:05.20	4:04.9
<b>3,000 Meters#</b>				
(200m/220 yds or less)*	7:58.00	7:57.7	8:12.00	8:11.7
(Banked or Over 200m/220 yds)*	7:56.70	7:56.4	8:10.70	8:10.4
<b>5,000 Meters#</b>				
(200m/220 yds or less)*	14:00.00	13:59.7	14:20.00	14:19.7
(Banked or Over 200m/220 yds)*	13:58.15	13:57.9	14:18.15	14:17.9
<b>1,600-Meter Relay</b>				
(Under 200m/220 yds)*	3:10.00	3:09.7	3:13.50	3:13.2
(200m/220 yds)*	3:08.50	3:08.2	3:12.00	3:11.7
(Banked or Over 200m/220 yds)*	3:06.90	3:06.6	3:10.40	3:10.1
<b>Mile Relay</b>				
(Under 200m/220 yds)*	3:11.20	3:10.9	3:14.70	3:14.4
(200m/220 yds)*	3:09.70	3:09.4	3:13.20	3:12.9
(Banked or Over 200m/220 yds)*	3:08.10	3:07.8	3:11.60	3:11.3
<b>Distance Medley Relay-Meters#</b>				
(200m/220 yds or less)*	9:40.00	9:39.7	9:48.00	9:47.7
(Banked or Over 200m/220 yds)*	9:37.75	9:37.5	9:45.75	9:45.5
<b>Distance Medley Relay-Yards#</b>				
(200m/220 yds or less)*	9:43.50	9:43.2	9:51.50	9:51.2
(Banked or Over 200m/220 yds)*	9:41.25	9:41.0	9:49.25	9:49.0

## Division I/Outdoor (sea level)

EVENT	AUTOMATIC		PROVISIONAL		ALTITUDE ADJ. 3k-5,999/6k+
	FAT	MT	FAT	MT	
<b>100 Meters</b>	0.18	-	10.34	-	+06/+10
<b>200 Meters</b>	20.50	-	20.80	-	+11/+20
<b>400 Meters</b>	45.40	45.1	46.20	45.9	+20/+35
<b>800 Meter</b>	1:47.20	1:46.9	1:48.80	1:48.5	
<b>1,500 Meters#</b>	3:41.50	3:41.2	3:45.00	3:44.7	
<b>Mile#</b>	3:59.20	3:58.9	4:03.04	4:02.8	
<b>3,000-Meter</b>					
<b>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	14:07.00	14:06.7	
<b>10,000 Meters#</b>	29:05.00	29:04.7	29:55.00	29:54.7	
<b>110-Meter Hurdles</b>	13.72	-	14.00	-	+07/+11
<b>400-Meter Hurdles</b>	50.10	49.8	51.20	50.9	+20/+35
<b>400-Meter Relay</b>	39.20	38.9	40.00	39.7	+24/+40
<b>440-Yard Relay</b>	39.40	39.1	40.20	39.9	+24/+40
<b>1,600-Meter Relay</b>	3:03.80	3:03.5	3:07.00	3:06.7	+80/+1.4
<b>Mile Relay</b>	3:05.00	3:04.7	3:08.20	3:07.9	+80/+1.4

EVENT	METRIC	METRIC
High Jump	2.25	2.18
Pole Vault	5.5	5.30
Long Jump	7.95	7.65
Triple Jump	16.30	15.70
Shot Put	19.00	18.00
Discus	60.00	56.50
Javelin	72.00	67.30
Hammer	68.00	61.00
Decathlon	7,600 points	7,100 points

#-Altitude adjustment available.

T	<b>100 Meter Dash</b>				
	FSU Outdoor Record	10.07	1979	Mike Roberson	
R	Mike Long Track Record	10.11	1988	Andre Cason, Texas A&M	
	ACC Outdoor Record	10.03	1993	James Trapp, Clemson	
A	Collegiate Record	9.91	1992	Davidson Ezinwa, Azusa/NGA	

C	<b>200 Meter Dash</b>				
	FSU Outdoor Record	20.08	1980	Mike Robinson	
	Mike Long Track Record	20.47	1979	James Mallard, Alabama	
K	ACC Outdoor Record	20.12	1998	Shawn Crawford, Clemson	
	Collegiate Record	19.75	1988	Joe DeLoach, Houston	

&	<b>400 Meter Dash</b>				
	FSU Outdoor Record	44.99	1981	Walter McCoy	
	Mike Long Track Record	45.32	1999	Ken Harnden, unattached	
	ACC Outdoor Record	44.59	1994	Derek Mills, Georgia Tech	
	Collegiate Record	43.50	1992	Quincy Watts, Southern Cal.	

F	<b>800 Meter Run</b>				
	FSU Outdoor Record	1:46.19	1986	Ocky Clark	
I	Mike Long Track Record	1:46.55	1997	David Krummenacker, Georgia Tech	
	ACC Outdoor Record	1:43.16	1989	Paul Ereng, Virginia	
E	Collegiate Record	1:41.77	1984	Joaquinn Cruz, Oregon	

L	<b>1,500 Meter Run</b>				
D	FSU Outdoor Record	3:43.02	1986	Ocky Clark	
	Mike Long Track Record	3:43.02	1986	Ocky Clark, Bud Light TC	
	ACC Outdoor Record	3:37.27	1998	David Krummenacker, Georgia Tech	

	<b>4 X 400 Meter Relay</b>				
	FSU Outdoor Record	3:03.78	1986	Williams, McKenzie, Waddell, Johnson	
	Mike Long Track Record	3:03.34	1985	Krehnbrink, Hind, Bernard, Armour, Georgia Tech	
	ACC Outdoor Record	2:59.95	1992	Georgia Tech	
	Collegiate Record	2:59.91	1988	UCLA	

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

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

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

# FLORIDA STATE MEN'S

# records

20

	Collegiate Record	3:31.71	1987	Abdi Bile, George Mason
--	-------------------	---------	------	-------------------------

	<b>3,000 Meter Steeplechase</b>			
	FSU Outdoor Record	8:52.7	1976	Bobby James
	Mike Long Track Record	8:26.46	1986	Brian Abshire, Auburn
	ACC Outdoor Record	8:21.72	1981	Hans Koелеman, Clemson
	Collegiate Record	8:05.4	1978	Henry Rono, Washington St.

	<b>5,000 Meter Run</b>			
	FSU Outdoor Record	13:53.26	1982	Herb Wills
	Mike Long Track Record	13:45.2	1982	Barry Brown, Florida Track Club
	ACC Outdoor Record	13:24.46	1984	Stijn Jaspers, Clemson
	Collegiate Record	13:08.04	1978	Henry Rono, Washington St.

	<b>10,000 Meter Run</b>			
	FSU Outdoor Record	28:55.34	1971	Ken Misner
	Mike Long Track Record	28:31.51	1999	Nolan Swanson, WFU
	ACC Outdoor Record	28:46.54	1998	Pat Joyce, N.C. State
	Collegiate Record	27:22.47	1978	Henry Rono, Washington St.

	<b>110 Meter High Hurdles</b>			
	FSU Outdoor Record	13.29	1987	Arthur Blake
	Mike Long Track Record	13.27	1990	Arthur Blake, Mazda TC
	ACC Outdoor Record	13.00	1979	Renaldo Nehemiah, Maryland
	Collegiate Record	13.00	1979	Renaldo Nehemiah, Maryland

	<b>400 Meter Intermediate Hurdles</b>			
	FSU Outdoor Record	49.15	1995	John Rothell
	Mike Long Track Record	49.15	1985	Tony Rambo, Bud Light TC
	ACC Outdoor Record	48.14	1998	Angelo Taylor, Georgia Tech
	Collegiate Record	47.10	1991	Samuel Matate, Auburn

	<b>4 X 100 Meter Relay</b>			
	FSU Outdoor Record	39.24	1977	Roberson, Walker, Merrick, Forbes
	Mike Long Track Record	39.15	1984	Butler, Krulee, Smith, Lattany, Bud Light TC
	ACC Outdoor Record	38.97	1998	Clemson
	Collegiate Record	38.04	1998	TCU

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

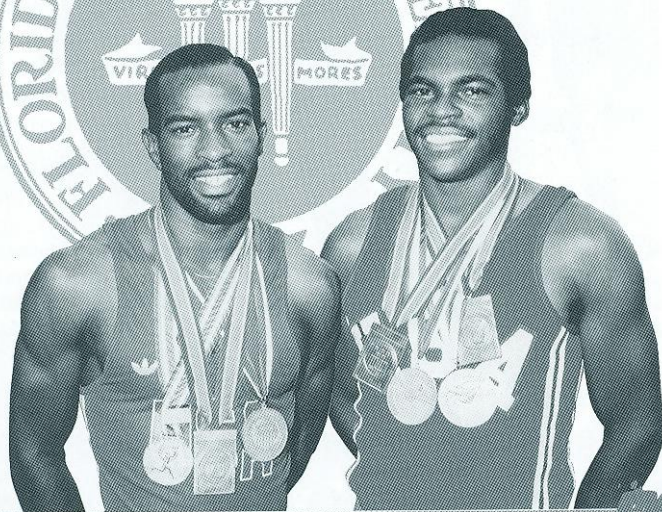
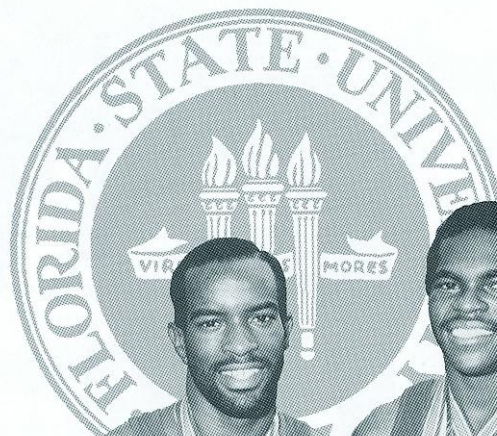
	<b>High Jump</b>			
	FSU Outdoor Record	7-6	1993	Kevin Crist
	Mike Long Track Record	7-6	1997	Cameron Wright, Unattached
	ACC Outdoor Record	7-6	1986	Victor Smalls, Clemson
	Collegiate Record	7-10	1989	Eric Bishop, UNC
				Hollis Conway, S.E. Louisiana

	<b>Long Jump</b>			
	FSU Outdoor Record	25-11 1/2	1983	Mark Freeman
	Mike Long Track Record	27-6 3/4	1982	Larry Myricks, Unattached
	ACC Outdoor Record	26-2 3/4	1996	Eric Bowers, Georgia Tech
	Collegiate Record	28-8 1/4	1995	Erick Walder, Arkansas

	<b>Triple Jump</b>			
	FSU Outdoor Record	54-6	1992	Kelsey Nash
	Mike Long Track Record	54-0 3/4	1984	Kelsey Nash, Florida State
	ACC Outdoor Record	55-3	1979	Dennis Ivory, Maryland
	Collegiate Record	58-9 1/2	1995	James Beckford, Blinn

	<b>Decathlon</b>			
	FSU Outdoor Record	7612	1981	Rohn Stark
	Mike Long Track Record	7873	1997	Louis Hinshaw, Unattached
	ACC Outdoor Record	7920	1992	Stephen Dunphy, Virginia
	Collegiate Record	8322	1986	Mike Ramos, Washington

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



# FLORIDA STATE MEN'S

# all-americans

- 1982 McCoy, Ron Nelson, Philip Rolle-4x400; Ronnie Taylor-200m; Herb Wills-10,000m
- 1984 Leander McKenzie-400m IM Hurdles; Kenny Smith-High Jump; Charlie Carr, Leander McKenzie, Vince Washington, Reggie Ross-4x400
- 1985 Leander McKenzie-400m IM Hurdles; Kevin Gordon, Thomas Johnson, Leander McKenzie, Vince Washington-4x400
- 1986 Ocky Clark-800m; Leander McKenzie-400m IM Hurdles; Thomas Johnson, Leander McKenzie, Clark Waddell, Carter Williams-4x400
- 1987 Horatio Garcia-Hammer

## National Championship Relays

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

## Individual NCAA Champions

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

### Cross Country

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

### Indoor

- 1980 Mel Broodie, Walter McCoy, Reggie Ross, Palmer Simmons-Mile Relay (1st)
- 1982 Philip Rolle-800 yards
- 1984 Reggie Ross-4x400
- 1987 Arthur Blake-55m Hurdles
- 1988 Arthur Blake-55m Hurdles
- 1991 Kevin Crist-High Jump
- 1992 Kevin Crist-High Jump
- 1993 Jeff Bray-Pole Vault
- 1994 Phillip Riley-55m Hurdles
- 1995 Phillip Riley-55m Hurdles

### Outdoor

- 1963 Carter Williams-Shot Put
- 1968 Mike Kelly-120 yd. Hurdles
- 1969 Doug Brown-100 yards; Mike Kelly-440 yd. IM Hurdles; Phil Parker-Triple Jump
- 1971 Ken Misner-3 and 6 Miles
- 1972 Joel Garren-200m
- 1973 Danny Smith-60 yd. Hurdles

- 1974 Tyrone Frederick-880 yards; Danny Smith-60 yd. Hurdles (1st), 120-yd. Hurdles
- 1975 Rudy Falana-Long Jump; Jesse Forbes-100 yards; Charlie Harris-Triple Jump; Tyrone Frederick-880 yards; Danny Smith-60 yd. Hurdles (1st)
- 1976 Don Merrick-60 yards; Mike Roberson-200m; Phares Rolle-Pole Vault
- 1977 Mike Roberson-60 yd. Hurdles
- 1978 Bradley Cooper-Discus; Rudy Forbes-100m; Walter McCoy-600 yards (1st), 400m; Rudy Forbes, Kevin Johnson, Walter McCoy, Mike Roberson-4x100; Walter McCoy, Ron Nelson, Mike Roberson, John Walker-Mile Relay
- 1979 Bradley Cooper-Discus (1st); Walter McCoy-400m; Earl Carruthers, Walter McCoy, Palmer Simmons, Ron Nelson-4X400
- 1981 Walter McCoy-400m; Philip Rolle-800m; Rohn Stark-Decathlon; Herb Wills-10,000m; Don Frost, Walter McCoy, Ronnie Taylor, Chip Wells-4x100, Lynn Brown, Walter

- 1988 Arthur Blake-110m Hurdles
- 1989 Larry Carr-Pole Vault
- 1992 Kevin Crist-High Jump; Jeff Bray-Pole Vault
- 1993 Kevin Crist-High Jump; Marcus Dixon-110m Hurdles; Jonathan Carter, Kevin Ansley, Kelsey Nash, Dixon-4x100
- 1994 Kevin Ansley-400m; John Rothell-400m IM Hurdles; Jonathan Carter, Marcus Dixon, Kelsey Nash, Kevin Ansley-4x100, Lou Angelo- Javelin
- 1995 Jonathan Carter-100m; Justin Johnston-Javelin
- 1996 Jonathan Carter-100m, 200m; Phillip Riley-110m Hurdles; Justin Johnston-Javelin; Byron Capers, Jonathan Carter, Warrick Dunn, Phillip Riley-4x100
- 1997 Justin Johnston-Javelin
- 1999 Jody Lawrence-Weight Throw

### Seminoles in the Olympics

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

2!

2

0

0

0

M

E

D

I

A

G

U

I

D

E

## T 100 Meters

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

## & 200 Meters

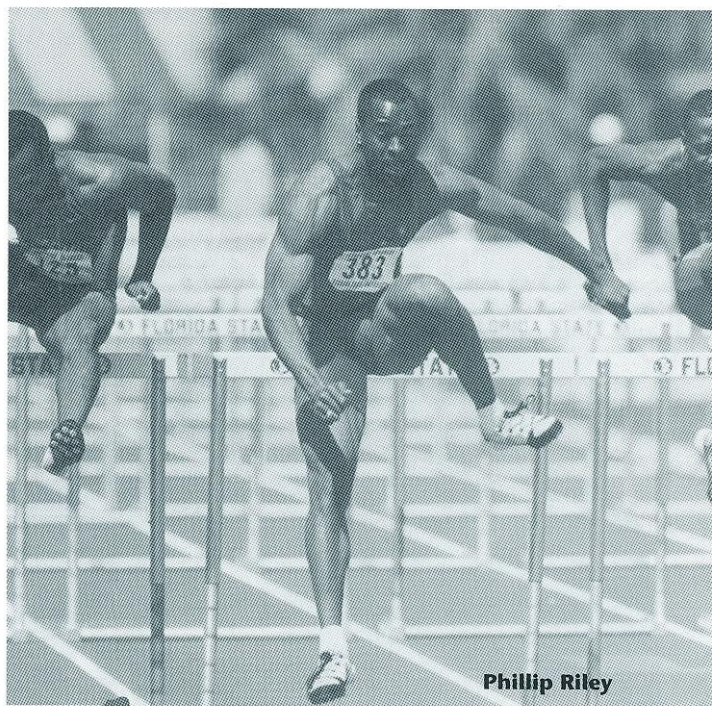
	1. Mike Roberson	19.95 <sup>w</sup>	1980
	Mike Roberson	20.08	1980
	2. Ronnie Taylor	20.39	1982
F	3. Jonathan Carter	20.40	1996
	4. Ron Harrison	20.54	1960
I	5. Arthur Blake	20.63	1987
	6. Deion Sanders	20.71	1987
E	7. Don Merrick	20.72	1977
	8. Clarke Waddell	20.76	1986
L	9. Kevin Ansley	20.77	1994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

## 5,000 Meters

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

## 10,000 Meters

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



Phillip Riley

<sup>w</sup> denotes wind-aided time

## MEN'S ALL-TIME

# top performances

22

## 400 Meters

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

## 800 Meters

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

## 1,500 Meters

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

## Mile

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

## 3,000 Steeplechase

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

## 110 Meter Hurdles

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

## 400 Meter Hurdles

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

## Long Jump

	1. Mark Freeman	25'11 1/2"	7.91	1983
	2. Billy Close	25'8 1/2"	7.83	1988
	3. Vesco Bradley	25'6 3/4"	7.79	1975
	4. James Milton	25'4"	7.72	1992
	5. Zyris Hill	25'1 3/4"	7.66	1999
	6. Kelsey Nash	25'	7.62	1993
	7. Greg Allen	24'11 3/4"	7.61	1984
	8. Kevin Johnson	24'11 1/4"	7.60	1978
	9. Sid Gainey	24'11"	7.59	1966
	10. Rudy Falana	24'10 3/4"	7.58	1975

## Triple Jump

	1. Kelsey Nash	54'6"	16.61	1992
	2. Leon Hutchins	54'2 1/4"	16.51	1982
	3. Andy Latimar	52'7 1/2"	16.04	1985
	4. Mario Lowe	51'11 1/4"	15.83	1999
	5. Henry Finney	51'10"	15.80	1976
	6. Charlie Harris	51'8 1/4"	15.75	1974
	7. Eric Robinson	51'5 1/2"	15.68	1987
	8. Anthony Washington	51' 3/4"	15.56	1994
	9. Art Nelson	50'1"	15.27	1992
	10. Charles Galloway	49'11"	15.21	1970
	Billy Close	49'11"	15.21	1987

## High Jump

	1. Kevin Crist	7'5 3/4"	2.28	1993
	2. Kenny Smith	7'4 1/4"	2.24	1984
	3. Darrel Wills	7'3 1/2"	2.22	1986
	4. Tom Stitt	7'2 1/2"	2.20	1987
	5. Larry Sayer	7'2"	2.19	1980
	6. Anthony Washington	7'1 3/4"	2.18	1994
	7. Jeff Nedimyer	7'1"	2.16	1976
	8. Christian Bland	7' 1/2"	2.16	1999
	9. Darius Jones	7' 1/4"	2.14	1999
	10. David Etheridge	7'	2.13	1985
	Ashley Peeples	7'	2.13	1985
	Gary Snells	7'	2.13	1987



## Shot Put

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

## Decathlon

1. Rohn Stark	7612	1981
2. Darius Jones	7269	1999
3. Tom Reither	7193	1985
4. Darius Jones	7178	1998
5. Dore Louis	6848	1998
6. Charlie Galloway	6829	1971
7. Darius Jones	6810	1998
8. Mark Nugen	6800	1980
9. Lenx Jackson	6792	1984
10. Chris Keen	6526	1993

## Discus

1. Bradley Cooper	212'6"	64.78	1979
2. Jody Lawrence	182'4"	55.58	1999
3. Eric Chambers	179'8"	54.76	1992
4. Harry Glenn	178'9"	54.48	1980
5. Jody Lawrence	178'7"	54.47	1998
6. Earl Johnson	171'7"	52.30	1986
Donald Heaven	171'7"	52.30	1998
8. Ken Lanier	171'	52.12	1980
9. Ray Nuredini	168'9"	51.44	1977
10. George Frank	168'5"	51.34	1969

## Pole Vault

1. Jeff Bray	18'6 1/2"	5.65	1992
2. Larry Carr	18'1"	5.51	1989
3. Tom Reither	17'6"	5.34	1988
4. Phares Rolle	17'1"	5.21	1976
5. Jason Dean	17' 3/4"	5.20	1999
6. Dusty Harmon	17'	5.18	1983
Brain Fitzsimmons	17'	5.18	1986
8. Jason Dean	16'6.75"	5.05	1998
9. Allen McMillian	16'6"	5.03	1972
Joel Smith	16'6"	5.03	1985



## Javelin (New)

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

## Javelin (old)

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

## Hammer

1. Horatio Garcia	215'10"	65.80	1987
2. Jody Lawrence	187'2"	57.04	1999
3. Andy Shirk	180'10"	55.08	1993
4. Jody Lawrence	175'8"	53.58	1998
5. William Shirk	172'	52.44	1996
6. Brad Hess	170'3"	51.91	1998
7. Eric Chambers	165'10"	50.56	1991
8. Mike Brinkman	165'	50.30	1984
9. Anthony Sasso	162'10"	49.64	1996
10. George Karakatsansis	162'6"	49.54	1988

## 4X100 Meter Relay

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

## 4x400 Meter Relay

1. Williams, McKenzie, Waddell, Johnson	3:03.78	1986
2. Nelson, Ross, McCoy, Simmons	3:04.29	1980
3. McKenzie, Washington, Gordon, Johnson	3:04.33	1980
4. Nelson, Rolle, Brown, McCoy	3:04.66	1981
5. McKenzie, Ross, Carr, Washington	3:05.50	1984
6. Nelson, Caruthers, McCoy, Simmons	3:05.84	1979
7. Jefferson, Nash, Carter, Ansley	3:06.28	1993
8. Grey, Franklin, Rothell, Ansley	3:06.45	1994
9. Citron, Nelson, Caruthers, McCoy	3:06.64	1979
10. Hill, Spradley, Augustine, Jennings	3:06.83	1999



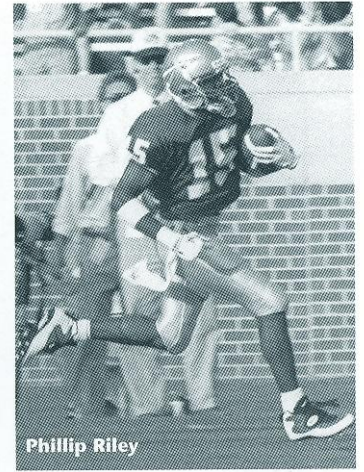
Deion Sanders

## Rohn Stark

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

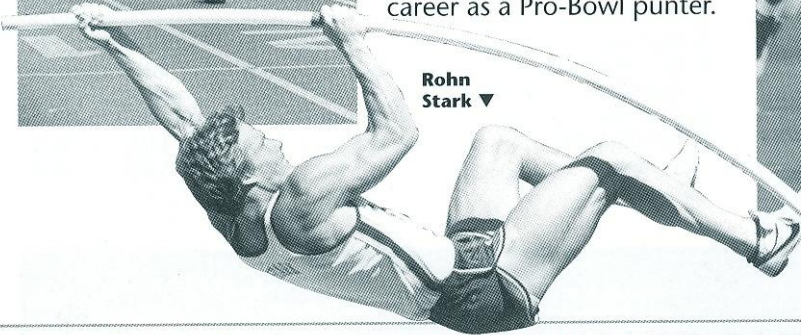


Warrick Dunn



Phillip Riley

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



Rohn Stark ▼

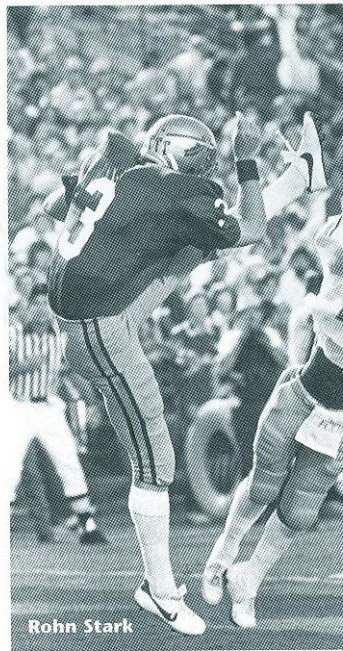
# FLORIDA STATE UNIVERSITY

# two-sport

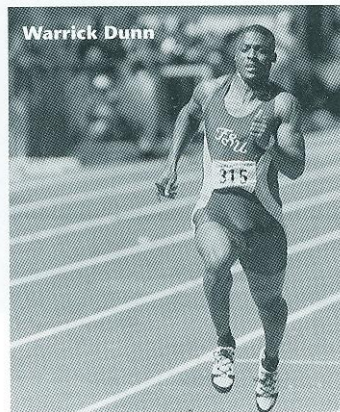
24

## Deion Sanders

Deion Sanders, one of the greatest all-around athletes in Florida State history, competed on the collegiate level in track, baseball and football. The All-America cornerback competed in the sprint events as well as the relays. "Prime Time" still holds times that rank among the top ten in school history in both the 100- and 200-meter dashes.



Rohn Stark

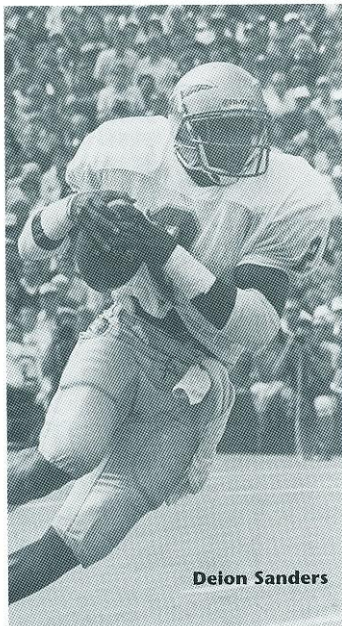


Warrick Dunn

Rookie of the Year and to the Pro Bowl in his first season.

## Ken Lanier

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



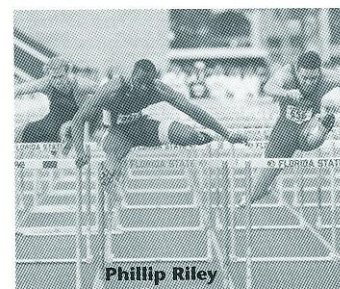
Deion Sanders

## Warrick Dunn

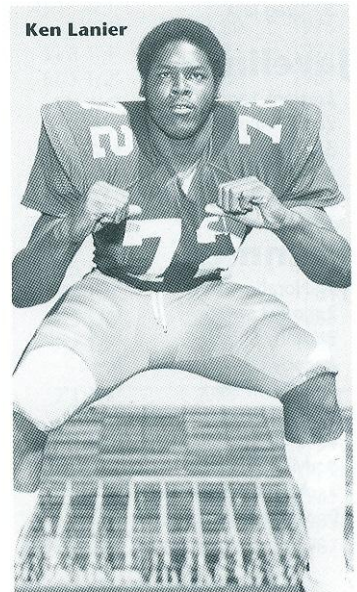
Warrick Dunn is the leading rusher in school history with a career total of 3,959 yards (1993-96). He is the only Seminole ever to post three consecutive 1,000-yard rushing seasons. The two-sport All-American was a first round draft pick of the Tampa Bay Buccaneers in 1997 and was named the NFL's Offensive

## Phillip Riley

Phillip Riley won the 1995 NCAA Championship in the 55-meter hurdles. Riley, a wide receiver for Coach Bobby Bowden, was



Phillip Riley



Ken Lanier