

& The Olympics



- 1988 Seoul, Marita Payne (Canada) 400m, Arthur Blake (United States), 110 Hurdles (8th place) Bradley Cooper (Bahamas), Discus
- 1992 Barcelona, Arthur Blake (United States), 110 Hurdles; Tom Reither (Chile), Pole Vault Michelle Finn (United States) 4x100 (Gold Medal)
- 1996 Atlanta, Kim Batten (USA) 400m IH (Silver)
- 2000 Kim Batten (USA), Samantha George (Canada) 400m IH, 400m

Walter McCoy
(left and below left)

Marita Payne
(above and right)

Iain Harnden Zimbabwe

- 110m Hurdles National Record Holder
- Ranked 4th in NCAA the 400m hurdles in 2000
- 3 x NCAA Qualifier
- Competed in 400m hurdles & 4 x 400m Relay



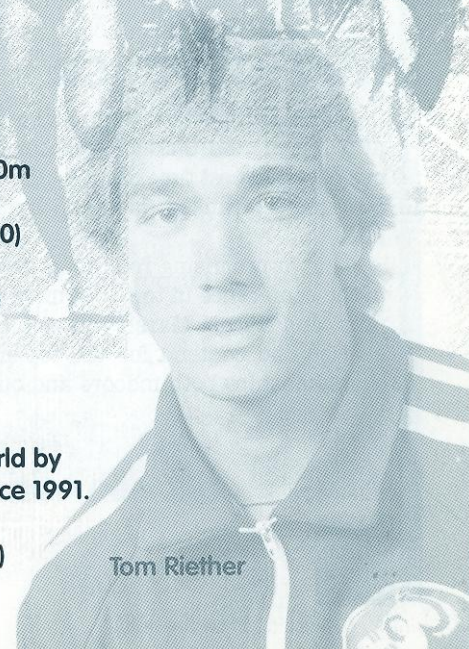
Michelle Finn
(below)



Kim Batten United States

- 1991 FSU Grad
- World Record Holder 400m Hurdles (52.61)
- 2 x Olympian (1996, 2000) 1996 Silver Medalist
- 4 x World Championship Participant (1991, 1993, 1995, 1997)
- 1995 World Champion
- 1997 Bronze Medalist
- Ranked top 10 in the world by T&F News every year since 1991.
- 2 x #1 (1998, 1995)
- 3 x #2 (1997, 1996, 1994)

Tom Riether



The Florida State women's track and field team opens the 2001 season coming off of the most successful season in the program's history. The Lady Seminoles return many talented athletes from last season, and add a number of highly touted recruits who should make an immediate impact.

sprints

With the loss of All-American and NCAA Champion Tonya Carter to graduation, the Lady Seminoles will look to their strong returning corps of sprinters to retain the conference's most dominant sprinting squad. Leading the returners is Nakeya Crutchfield. Crutchfield had the Lady 'Noles' second-fastest time last season in both the 100m and 200m dashes. The senior from Coatesville, Penn., had a season-best mark of 11.68 in the 100m dash, which she turned in at the Seminole Twilight Meet. Crutchfield added a 23.88 time in the 200m dash earlier last season at the USTCA Meet. Joining Crutchfield on the short track will be Teresa Bundy who was one of the top sprinters in the ACC last season behind Carter and Crutchfield. The Lady Seminoles return an impressive five of their top-six 100m dash sprinters from last season, and six of their top-eight 200m dash athletes. Shauna Quinn, Amber Russell and Tamara Campbell should add depth in the 200m dash, while Kim Jones should be able to make an impact in the 100m dash. The Lady 'Noles' 400m-relay team will look to repeat as conference champions as Bundy, Crutchfield, Russell, Jones and others will carry the baton for the Garnet and Gold this year.

The Lady 'Noles will look to replace 2000 All-American and Sidney Olympian Samantha George with a number of athletes, led by senior Tangelia Wobbleton. Wobbleton will show her talents in the 400m dash, as she is the second fastest returner in that event. Junior Laura Gerber, who crossed the line with a season-best time of 53.88, will be looked upon as the new top runner in that event. Gerber's time in the 400m set a Zimbabwe national record and qualified her for the Olympic trials, competing for her native country. Freshman Jordanna Whittington, who has international experience competing for Canada in the 400m, will also be looked upon to make an impact on the conference level. The trio will be joined by senior Ayana Townsend and others on the 1600m relay team as they also look to defend the ACC title.

mid-distance

The 800 meter event will be owned by Laura Gerber, 1999 ACC Indoor and Outdoor Champion, who leads the squad with her personal best time of 2:08. Freshman Jordanna Whittington, a nationally ranked Canadian Junior, should also score in the ACC.

Two promising freshman look to add depth and challenge in the conference in the 1500m. Beth Lukens, a 5:04 miler as a prep, and Rachel Marsh will look to crack the five-minute mile barrier and contend for the top-eight spots at the conference championships both indoors and outdoors.

distance

The distance squad should be led by freshman-standout Amy Pleckaitis. Pleckaitis earned All-ACC honors for the Lady 'Noles in cross country last fall and looks to continue that level of excellence on the track. She recorded a national-leading time of 9:54 for 3000m in an indoor race in high school last winter, and is expected to be a conference contender in that event and the 5000m outdoors this spring.

Sophomore Brooke Bastien also comes into the indoor track season off an impressive cross country season. Bastien improved her 5K best by over 50 seconds, enroute to earning NCAA All-South Region honors. Continued success on the oval should place her amongst the ACC's finest in the both the 5000m and the 3000m steeplechase events.

Sophomore Katie Jeffrey is a two-time All-NCAA Cross Country South Region performer with an 18:02, 5000m personal record. A healthy spring track campaign would make her equally as dangerous at the indoor and outdoor conference championships. Jeffrey's 10:01 3000m time as a Canadian prep belies her considerable talent.

Senior Cynthia Campbell returns for her final campaign in the 5000 and 10,000m races, after scoring last year at the ACC Outdoor Championships in the 10,000m event. Sophomores Andrea Dulmage, Misty Harper and Kim Winn hope to follow up on their career best 5000m times from the 2000 cross country season and provide depth from 3000m to 10,000m.

hurdles

Sophomore Kim Jones returns to FSU to compete in the hurdles after an impressive freshman season when she led the squad in the 100m hurdles. Jones crossed the finish line in 13.81, a mark which was good enough to qualify her for Junior Nationals. Jones is accompanied by Taressa Davis and Karen Rademeyer in the 100m hurdles, while Shauna Quinn is the only returning 400m hurdler from last season. Quinn ran the Lady Seminoles' second-fastest time in 2000 in the 400m.

Senior Ayana Townsend will look to make an impact in the hurdles as well, after redshirting the 2000 season. Townsend had very strong marks after the 1998 and 1999 seasons, and will look for a return to glory this season.

jumps

The Lady Seminoles will be led in the jumping events by an impressive corps of pole vaulters, which is a combination of last year's stars with solid newcomers. Leading the crew is Lindsay Osborn, a senior from Pensacola, Fla. Osborn owns the distinct honor of setting the Florida State school record, clearing the bar at 12'2" in the Florida Relays. Ashley Moyer adds another solid returning mark from last season, clearing 10'10". Trinetta Fisher will return to the pit this season as well, looking to add depth to an already impressive vaulting squad.

The most impressive addition to the Lady 'Noles' squad this season may be sophomore Megan Robbins. The transfer from Oklahoma State University, who finished second at the Big XII

Championships two years ago, redshirted last season and will look to compete with Osborn as the top vaulters in the conference and the nation. Freshman Carrie Crandall will also look to add depth to the Lady 'Noles' vaulting crew, as she brings her 11-foot personal record from high school to compete for the Garnet and Gold.

The Lady Seminoles will look for a combination of youthful intensity as well as a few veterans to develop a group of strong high jump, long jump and triple jump athletes. Karen Rademeyer owns the top returning high jump mark, clearing 5'4" last season. The senior from Tulsa, Okla., joined Robbins when she transferred to FSU from Oklahoma State.

The long jump will feature Rademeyer, along with the Lady Seminoles' top returner, Kim Jones. Jones landed in the sand with a season-best mark of 19'6" last season, and has already seen improvement on that mark early in the 2001 season. Chelsa Downs will look to add depth to the unit, heading into the season with a strong 17-foot mark.

The triple jump will feature the leaping ability of Teresa Davis, as the junior from Durham, N.C., will look to improve on her 39-foot mark from last season. Davis is the only returning triple jumper from last season, but veterans Kim Jones and Teresa Bundy should turn in solid marks as well. Bundy has the potential to lead the Seminoles in the triple this season, already turning in a 41'4" mark in her first ever triple jump competition.

throws

The Tribe returns one of the most prolific throwing squads to ever wear the garnet and gold. Leading the corps is junior Makiba Batten. In her second season with the Seminoles, Batten collected almost every honor a collegiate athlete can achieve. The Detroit, Mich., native was one of three All-Americans on the Lady Seminoles roster in 2000, herself claiming the honor after an impressive mark in the discus. Batten won the ACC Outdoor crown in the shot put, as well as adding another individual title in the indoor season in the same event. Batten's name stands in the FSU record books twice, as she has the third-best all-time mark in the shot put (48'9") and owns the Florida State school record in the discus (172'10").

As the Lady Seminoles take on the 2001 season, Batten will not be alone in the throwing circle, in fact some of her greatest competition in the conference will come from her teammates. Senior Sara White and junior Nicole Scott both return to what may again be the conference's top group of throwers. White owns the Seminoles' second-best discus mark from last season, turning in a mark of 131'6". White also has the top returning mark in the hammer from last season, a toss of 166'2", which earned her the honor of standing second on the all-time list at Florida State. Karen Rademeyer and Nicole Scott follow White with the second- and third-best returning marks, while Rademeyer also adds the 'Noles' top mark in the javelin heading into this season. Alanyia Johnson and newcomer Jennifer Curry add depth to an already strong unit in the weight throw.

2001 Women's Roster

Brooke Bastien	Jr.	Brooksville, FL
Makiba Batten	Jr.	Detroit, MI
Teresa Bundy	Jr.	Cleveland, OH
Cynthia Campbell	Sr.	St. Catherines, Ontario
Tamara Campbell	Fr.	Orlando, FL
Molly Castner	So.	Oak Ridge, TN
Natasha Christie	Fr.	Almonte Springs, FL
Crystal Couey	Fr.	Titusville, FL
Kelly Cramer	Fr.	Cary, NC
Carie Crandall	Fr.	Jacksonville, FL
Nakeya Crutchfield	Jr.	Coatsville, PA
Jennifer Curry	Fr.	Macon, GA
Taressa Davis	Jr.	Durham, NC
Chelsa Downs	Fr.	Orlando Beach, FL
Andrea Dulmage	So.	Orlando, FL
Trinetta Fisher	Jr.	Hollywood, FL
Vanessa Fuchs	Jr.	Pompano Beach, FL
Laura Gerber	Jr.	Mies, Switzerland
Misty Harper	Fr.	Seminole, FL
Katie Jeffrey	So.	Kanata, ON
Alanyia Johnson	So.	Miramar, FL
Kimberly Jones	So.	Greensboro, NC
Youmone Karr	Fr.	Jacksonville, FL
Erica Lazarus	Sr.	Wellington, FL
Mari Leitner	Fr.	Pensacola, FL
Beth Lukens	Fr.	Sarasota, FL
Rachel Marsh	Fr.	Kissimmee, FL
Erin McGee	So.	Gulf Breeze, FL
Ashley Moye	Jr.	Wauchula, FL
Lindsey Osborn	Sr.	Pensacola, FL
Amy Pleckaitis	Fr.	Woodbridge, CT
Shauna Quinn	Jr.	Hempstead, NY
Karen Rademeyer	Jr.	Tulsa, OK
Megan Robbins	Jr.	Edmond, OK
Amber Russell	Fr.	Knoxville, TN
Nicole Scott	So.	Willingboro, NJ
Ayana Townsend	Jr.	Elkins Park, PA
Danielle Walker	Fr.	Port Orange, FL
Sara White	Sr.	Port Charlotte, FL
Jordana Whittington	Fr.	Ontario, Canada
Tangela Wobbleton	Sr.	Stuart, FL
Emily Yambasky	So.	Livonia, MI

Brooke Bastien Junior, Distance Brooksville, FL (Jacksonville University)



A transfer from Jacksonville University, Bastien has had an immediate impact in her first season with FSU Track and Field ... **CROSS COUNTRY:** Has committed herself to becoming a solid distance runner and this commitment showed in her second season of cross country ... ran to a runner-up finish at the Appalachian State Invitational behind teammate Amy Pleckaitis ... posted a personal best of 17:54 at the Crimson Classic Invitational, a full 1:30 faster than her best a year ago ... season highlight came when she earned NCAA All-South Region Honors with her 13th-place finish ... improved 46 places from the 1999 ACC Meet when she finished 14th and narrowly missed All-ACC honors ... **2000:** Had a strong season in the middle and long distances ... ran the squad's second-best returning 1500m, running 4:57.50 at the USTCA Collegiate Series Meet, just behind the team's returning leader, Cynthia Campbell ... added a season-best 800m time (2:34) at the same meet ... had a season-best 5,000m race at the Florida State Relays when she finished 17th with a time of 19:39.19 ... added a season-best 3,000m time at the Florida State Relays (11:04)... **PREP:** Had an excellent prep career at Central High School in Brooksville where she was the state runner-up at 3200m in both her junior and senior years and fourth place in the mile her senior year ... a transfer from Jacksonville University ... is in her second year at Florida State... **PERSONAL:** Daughter of Susan and Thomas Bastien ... born Dec. 23, 1979 ... named Academic All-American for her success in the classroom ... greatest sports memory is winning the conference, district and state championship in her senior year of high school ... majoring in English education.

with her discus of 172-10 which earned her a first-place finish at the Seminole Twilight Meet ... tossed the shot 48-09.50 at the ACC Outdoor Championships, earning her first conference crown and launching her into the record books again with the third-best mark in Florida State Track and Field history ... competed in the NCAA Outdoor Championships finishing fifth in her flight (ninth overall) with a toss of 165-09 ... is the Seminoles' top returner in both the shot out and the discus ... added a fifth-place mark at Virginia Tech, throwing the implement 44-08 ... ended the season with a season-best mark in the javelin of 111-10 at the ACC Outdoor Championships for an eighth-place finish ... Batten ended the season with the squad's third-best mark in the javelin and is one of the top-two returners (Karen Rademeyer)... **1999:** Recorded a third-place finish in the shot put event in her first collegiate meet ... finished first among collegiate competitors at the Florida Invitational...placed second in the shot put event at the ACC Indoors...turned in her best performance of the year at the Seminole Twilight Invitational with season best distance in the shot put (46-1.50) and discus (159-11)...efforts at the Seminole Twilight meet went down as the second best discus throw and sixth best shot put mark in FSU history... took home first place in both the shot put and discus at the South Florida Invitational...showcased diverse talents by finishing seventh in the javelin event at the ACC Outdoors...**PREP:** All-state, all-region and all-city through all four years at Renaissance High School... participated in volleyball and basketball in addition to track and field...an honor roll student who was involved in numerous high school activities...**PERSONAL:** Born October 26, 1980...a nutrition and fitness major... cousin of world record holder Kim Batten...spent the summer working as a supervisor for a domestic violence program ...rooms with sprinter Nakeya Crutchfield.

Makiba Batten Junior, Throws Detroit, MI (Renaissance HS) Collegiate Bests: Shot Put (48-09.50), Discus (172-10)



Is the most decorated returning athlete to the Lady Seminoles ... is very strong in the throwing events, specifically the shot put, discus and the javelin ... has already launched herself into the record books in the shot put and the discus ... turned in performances among the best in FSU history in her first year of competition ... **2000:** all-everything in her sophomore season, accumulating All-ACC honors for both the indoor and outdoor seasons ... named an NCAA All-American in the discus ... won the conference individual championship for the shot put in both the indoor and outdoor seasons, helping the women's squad to its first ever ACC team championship ... set a new Florida State all-time record

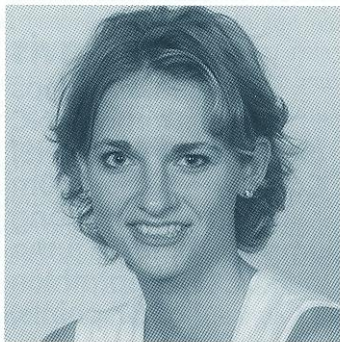
Teresa Bundy Junior, Sprints Cleveland, OH (Cleveland Heights HS) Collegiate Bests: 55m (7.07), 100m (11.61), 200m (24.18), 400m (57.76), Triple Jump (41'4 1/2")



Has the ability to become one of the top sprinters in the conference...a key member of the relay team...should provide excellent depth to a talented group of sprinters... **2000:** Had an immensely successful indoor and outdoor season ... earned an ACC Championship crown as part of the conference's top 4x400m relay team ... named All-ACC for both the indoor and outdoor seasons ... finished the season with a season-best 100m time of 12.01 at the outdoor conference championships, crossing the finish line in fourth place to help the Lady Seminoles take three of the top-four spots in that event ... also notched a season-best time in the 200m with a time of 24.83 at the same meet ... owns the squad's third-best returning 400m time with a mark of 57.76 at the Florida Relays ... sprinted her way to a third-place finish at the indoor conference championships in the 60m dash when she crossed the finish line in Blacksburg, Va., with a time of 7.60

... added another top-10 finish at the ACC Indoor Championships when she placed eighth in the 200m dash ... continued her success in Blacksburg, Va., when she finished fourth and seventh in the 60m and 200m, respectively, at the Virginia Tech Invitational ... **1999:** Redshirted during the outdoor season...finished as FSU's second-fastest runner in the 55m and first in the 200m at the Florida Intercollegiates during the indoor season...added another second-place finish among FSU sprinters in the 55m at the SEC/ACC Challenge...had the fourth-best time in the conference in the 55m and the 10th best time in the 60m dash...**1998:** Ran indoor best 55m time of 7.07 at the Florida Invitational...turned in top indoor 200m mark at ACC/SEC Challenge (25.84)...finished sixth overall in the ACC Indoor 55m with a time of 7.59...placed second only to Kim Batten at the FSU Relays in the 100m (11.77) ...took second in the 100m (11.64) and fourth in the 200m (24.62) at the Florida Intercollegiates...scored at the ACC Outdoors with a fifth place effort and collegiate best time of 11.61 in the 100m...placed third in the 100m (11.79) and the 200m (24.18) at the FSU-Nebraska-UF tri-meet...**PREP:** Ranked in the top ten nationally in both the 100m and 200m...Ohio state champion in the 100m and 200m as a junior...also ran on state championship 4x100m and 4x200m relay teams as a junior ...set the Ohio state record in the 55m with a time of 7.12...state MVP in 1996...**PERSONAL:** A psychology major...born on Valentine's Day, 1979...sister, Adrienne, ran track at Kentucky.

Cynthia Campbell
Junior, Distance
St. Catherines, Ontario
(Sir Winston Churchill HS)
Collegiate Bests:
5K (17:39), 10K (37:21),
3000m (10:06),
1500m (4:42.30)



The Seminoles' most experienced distance runner this season...solidified her place as a team leader during the cross country season this fall ... has had a strong career in the distance events and returns to Florida State as the leader of a strong distance corps that returns almost all of last season's top competitors ... **CROSS COUNTRY:** Senior who shared her experience to help the rest of the team ... best races of the year came at both the Crimson Classic Invitational and the Florida Intercollegiate Championships where she finished 16th and sixth, respectively ... finished 26th overall at the 1999 NCAA Regional Cross Country Championships running 17:46 over the 5000m course ... **2000:** Returns the Lady Seminoles' top times in the 10K, 5K and 3K ... had the most success in the 5K and 10K, finishing the season with top-10 all-time marks at Florida State in each event ... set a season-best time in the 5,000m when she ran 17:49 at the FSU Relays when she finished seventh, with the sixth-best mark in Florida State history, surpassing, Diana Hartup's 1999 mark ... ran a career-best time in the 10,000m of 37:21 at the outdoor conference championships, which places her seventh on the all-time list at FSU ... finished a season-best 800m time at the USTCA Meet, crossing the line in 2:23 for the

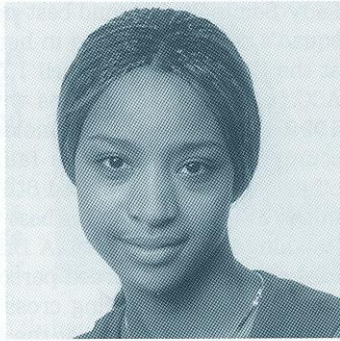
Lady Seminoles' second-best mark of the season ... owned the squad's season-best time in her PR performances in the 1500m at the USTCA Meet on April 1 (4:42.30) and the 3,000m at the ACC Indoor Championships with a 15th-place time of 10:07... **1999:** Finished as the Seminoles' leading 5K runner in two cross country meets during the fall... second on the team in three other competitions...placed 8th at the South Florida Invitational in the 5K...registered her best time of the season (17:46) while finishing 26th at the NCAA District IX South Regional Championships...**1998:** Recorded personal best 5K time of 17:39 at Auburn Invitational during cross country season...ran a 5:14.70 mile and 2:23.66 800m at the ACC/SEC Challenge during indoor track season... clocked in at 4:50.63 in the prelims of the ACC Outdoor 1500m...won the Seminole Twilight 5K with a time of 18:30.19...**PREP:** Prep career was highlighted with a third-place finish in the Canadian Junior Nationals her senior year ... placed sixth at the 1997 Ontario High School Championships 3K...named senior athlete of the year in 1995-96...a three-time MVP of cross country and track teams... finished 15th at the Canadian Junior National Cross Country Championships...**PERSONAL:** International affairs major who spent the summer working in Washington D.C. ... has been named to the Dean's List and to the All-ACC Honor Roll while at FSU ... born June 22, 1978 ... former athlete representative of Niagara Olympic Club ... father, Brian, is an active marathon runner and decathlete.

Carrie Crandall
Freshman, Pole Vault
Jacksonville, FL
(Episcopal HS)
Collegiate Best:
Pole Vault (11')



Solid pole vaulter from the Jacksonville, Fla., area who should add to the Lady Seminoles' already strong corps of pole vaulters ... **PREP:** Competed on Jacksonville Area Vault Club team ... competed on high school cross country team in 1994-95 and competed on the track and field team from 1996-2000 ... earned all-state honors four times, as well as earning an individual state championship twice and being named her team's Most Valuable Athlete in her senior year ... earned the "Coaches' Award" as a junior ... was named to her high school's Dean's List in her senior year ... **PERSONAL:** Majoring in business and management information systems ... roommate is co-freshman Jordanna Whittington ... lists most admired athlete as Jackie Joyner Kersey ... daughter of Pat and Jackie Crandall ...celebrates a birthday on February 23.

Nakeya Crutchfield
Junior, Sprints
Coatesville, PA
(Coatesville HS)
Collegiate Bests: 55m
(7.27), 100m (11.47),
200m (23.88)



After having a promising start as a freshman in 1999, Crutchfield has become the premiere sprinter on the Lady Seminoles' squad ... **2000:** Competed primarily in the 100m and 200m dash, while owning an important role as a member of the FSU 4x100m relay team ... Crutchfield's 4x100m relay team ran a NCAA qualifying time of 44.67 at the USTCA Meet, when they finished in first place ... garnered All-ACC Outdoor honors when her 4x100m relay team won the conference crown with a time of 44.82 ... owns the squad's top returning time in both the 100m and the 200m, with marks of 11.68 and 23.88, respectively ... had a strong performance at the Seminole Twilight Meet where she finished fourth and fifth in the 200m and 100m, respectively ... finished seventh in the 200m dash at the Air Force Invitational, crossing the finish line in 25.49 ... **1999:** Recorded a 7.27 in the 55m dash in her first two collegiate competitions ... took home first place in the 100m competition at the FSU Relays...finished third in the 100m at the ACC Outdoors with a personal best time of 11.47... placed fourth in the 200m at the Seminole Twilight Relays with a time of 24.12...member of 4x100m relay team that took home first place at the FSU Relays...**PREP:** A three-year all-state selection in track and field ...turned in personal bests of 11.64 in the 100m and 23.85 in the 200m...an all-state basketball selection as a senior at Coatesville...played four years of each sport...also participated in student council and the National Honor Society...**PERSONAL:** Born September 16, 1980...enrolled in FSU's undergraduate studies program...rooms with junior thrower Makiba Batten.

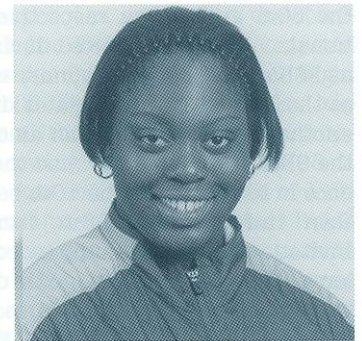
Crystal Couey
Freshman, Throws
Titusville, FL
(Astronaut HS)



Should be an impressive addition to an already strong unit of Florida State throwers ... strongest events are the hammer and javelin ... **PREP:** Competed on USA Track and Field Club team in high school ... competed on both the track and field and volleyball teams at Astronaut High School, having prominent careers in both ... captained her volleyball team, as well as being a four-year letter-winner ... was named track and field team's "Most Improved," and "Most Dedicated," in two of her four years in high school ... named track team's MVP in her senior season ... was the state runner-up in the discus in 1998 ... **PERSONAL:** Majoring in pre-med ... most admired athlete is

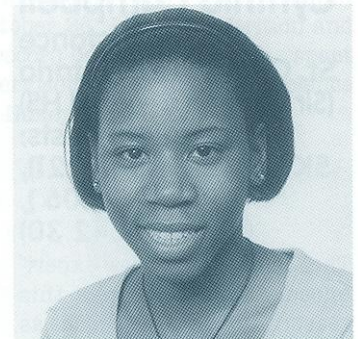
former Lady Seminole volleyball player, Gabby Reece ... daughter of JoAnn and Harlon Couey.

Jennifer Curry
Freshman, Throws
Macon, GA
(Northeast HS)



Strong thrower who is one of a number of newcomers that should make an immediate impact in the thrower's circle ... had a strong high school career in the discus and will look to add to her success in that event at FSU ... adds an impressive academic history to her accolades ... **PREP:** Competed for the Middle Georgia Flyers track and field club when in high school ... named Rookie of the Year as a freshman at Northeast High School ... named squad's "Best Field Athlete," three of her four years in high school ... worked her way to both the state discus title as well as the Junior Olympics discus title ... named all-region and all-city ... **PERSONAL:** Lists most admired athlete as Jackie Joyner Kersey ... majoring in bio-medical engineering ... maintained a 4.0 grade point average in high school ... named salutatorian of her high school class ... daughter of Kathy and George Curry.

Taressa Davis
Junior, Jumps
Durham, NC
(Southern Durham HS)
Collegiate Bests: 100m
hurdles (15.77), long
jump (17-2), triple jump
(39-01.25), heptathlon
(3,887 points)



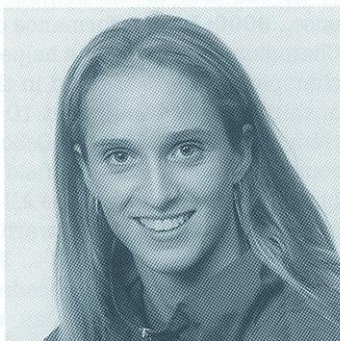
A multi-talented athlete who looks to make an impact in the conference this year... talented triple jumper who also competes in the 200m dash, 100m hurdles and the heptathlon ... **2000:** breakthrough season in the triple jump, nailing a fourth-place jump at the Florida State Relays with a mark of 39-01.25, for the Lady 'Noles' 10th-best mark ever ... will look to strengthen her 200m dash time, as she returns the Tribe's sixth-best 200m dash time ... will bolster three strong returning 100m hurdlers, of which she holds the second-fastest time with a 15.77 time at the FSU Relays ... ended last season with a season-best performance in the heptathlon, garnering 3,887 points, which places her behind only Karen Rademeyer (4,204) for returning heptathlon athletes ... finished in the top-10 at the ACC Indoor Championships when she landed a 39-01.25, tying her career-best mark, and finished eighth overall ... added another top-10 finish at the University of Florida when she jumped 38-10.50 and again finished eighth ... took a shot at the javelin late in the season when she tossed a mark of 75-08.00 at the USTCA Meet ... **1999:** Started the year with two top 10 finishes in the triple jump competition at the Florida

women's profiles

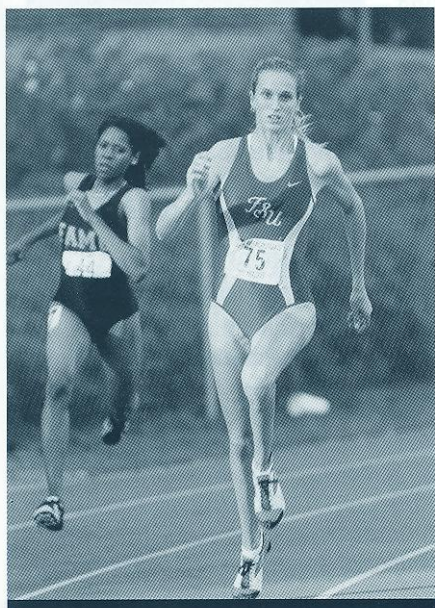
Track & Field

Intercollegiate and Florida Invitational...mark of 39-0.25 in the triple jump placed her in the top ten in the conference for the indoor season...took home second place in the triple jump at the Seminole Twilight competition...displayed her versatility by competing in the 100m hurdles and long jump events ... **PREP:** Had a career best 40' mark in the triple jump at the 1997 AAU Nationals earning her second place...1997 State of North Carolina champion in the indoor and outdoor triple jumps...member of the National Honor Society and a Mu Alpha Theta member...**PERSONAL:** A nutrition and movement science major...lives with teammates Laura Gerber and Shauna Quinn...born June 3, 1980.

Laura Gerber
Junior, Middle Distance
Geneva, Switzerland
(Chisipite Senior)
Collegiate Bests:
400m (53.88),
800m (2:08.78)



Led the Lady Seminoles in the 800m competition... former ACC Champion in both the 800m indoor and outdoor competitions ...**2000:** Had an incredible season which included NCAA and national honors ... was an Olympic Trials Qualifier for Zimbabwe after setting the national record in the 400m for her native country ... integral part of the women's 4x400m relay team which was crowned the conference champion after running a 3:38.77 ... named All-ACC for the outdoor championships after helping her 4x400m team to a first-place finish ... NCAA Championships Qualifier as part of relay team ... returns the squad's top mark in both the 400m dash as well as the 800m run ... finished in third place after running a season-best 53.88 in the 400m dash at the Seminole Twilight Meet ... ran the squad's fastest 800m time of the season in 2000 (2:11.24) at the USTCA Meet ... added a solid 400m performance at the Georgia Tech



Meet where she ran 54.27 ... **1999:** Showed improvement in her marks over the course of the indoor season...took home first place at the Iowa State Invitational in the 800m competition...captured the ACC title in the 800m and posted the conference best time in the event for the indoor season... member of the 4x400m relay team that placed 11th at the NCAA Indoor Championships and competed in the NCAA Outdoor Championships... recorded a season-best time of 54.21 in the

400m competition at the FSU Relays...took home first place at the Florida Relays in the 800m event with a team best 2:08.78 ...finished the season as one of the top five ACC performers in both the 400m and 800m... **PREP:** Recorded a time of 55.06 in the 400m and 26.40 in the 200m at the age of 16...broke the Zimbabwe Senior record in the 400m and 4x400m...participated in track, horseback riding, squash and tennis in high school ...**PERSONAL:** Brother, David, was chosen to run the 800m in the Olympics for South Africa...plans to pursue a career in coaching... born October 29, 1980.

Katie Jeffrey
Sophomore, Distance
Kanata, Ontario
(Holy Trinity HS)
Collegiate Bests:
3000m (10:01),
4000m (14:08)

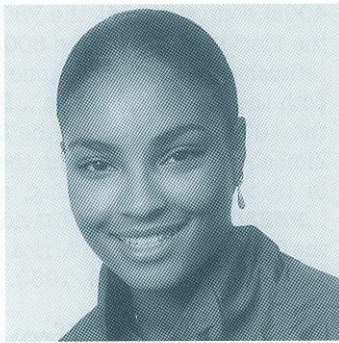


CROSS COUNTRY: Jeffrey ran her best race of the year at the NCAA South Region Championships, where she placed 15th overall and earned All-South Region honors ... became the first Lady Seminole to be named to the All-Region Cross Country team in back-to-back years ... **2000:** Had a solid year competing in the middle distance and distance events, while turning in her strongest performances of the season in the 5,000m ... had a season-best time in the 1500m when she turned in a 5:00.22 time as well as a seventh-place finish in the USTCA Collegiate Series meet ... ran a 10:22.58 in the 3K at the first USTCA Meet of the season, competing against Kansas State, Air Force and South Florida, her time was the second-fastest mark for the Lady Seminoles in 2000 ... had her strongest performance of the season in the 5K when she ran a 18:03.17 at the ACC Outdoor Championships, helping her squad to the conference crown ... had the second-best time on the 2000 team in the 5K (Cynthia Campbell) and ran her way to the 10th-best time in Florida State history ... **PREP:** Came to FSU as a highly regarded high school runner where she finished in the top-15 in the Canadian National Junior Cross Country Championships ... versatile athlete who competed in basketball, soccer, badminton and cross country in high school ... named MVP of the track and cross country teams in her freshman, sophomore and senior years ... honored as Athlete of the Year for her high school freshman and sophomore years ... earned a fifth-place finish in the 3000m at the National Track Championships ... **PERSONAL:** Roommate is fellow freshman Kristy Connell ... majoring in business ... celebrates an April 23, 1980 birthday.

Kimberly Jones

Sophomore,
Hurdles/Jumps
Greensboro, NC
(Grimsley HS)

Collegiate Bests:
Long Jump (18'6 3/4"),
100K (13.81)

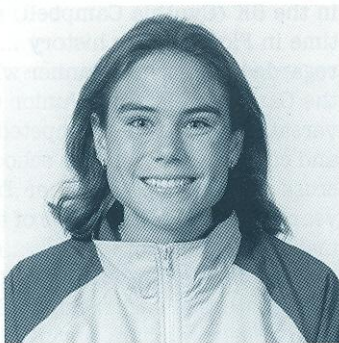


Competes in a variety of events, lending her talents to the Lady Seminoles in several field and track events ... made an immediate impact for the Lady Seminoles in the long jump and hurdles...a hard worker who has the ability to become a national qualifier in several events ...**2000:** Talented athlete who shows off her sprinting capabilities both on the track and in her approach ... was an NCAA Qualifier as part of the 4x100m relay team, as well as earning the outdoor conference crown as part of the relay team ... FSU's top returner in the 100m hurdles, running a season-best 13.81 last season, crossing the finish line in second place at the Florida State Relays ... leads all returners in the long jump, clearing a season-best 18-06.75 at the Florida State Relays ... also competed in the 100m dash, shot put and javelin ... owned season-best marks in the shot put and javelin of 28-05.75 and 99-00.00, respectively, earning both marks at the Snowbird Invitational ... ran a 12.31 at the ACC Outdoor Championships, in the 100m dash for a season-best mark ... **PREP:** Three-sport star at Grimsley...competed in track and field, volleyball and basketball...two-time National Champion in the long jump (junior and senior)...won the national championship in the 100m hurdles as a senior...top jump in high school was 20'3" ...top time in the 100m hurdles was 13.77 ...a national merit scholar who graduated with honors... **PERSONAL:** A biological science major ... plays the clarinet in her spare time ... was born on June 13, 1981.

Beth Luken

Freshman, Sarasota, FL
(Riverview High School)

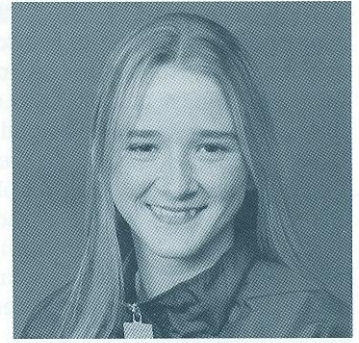
Track Bests: 11:20
3200m 5:04 1600m



CROSS COUNTRY: Was a consistent top-seven performer for the Lady Seminoles in 2000 ... **PREP:** Was a multiple time all-state performer in cross country ... finished sixth overall in the state her senior year while competing for Riverview High School ... finished eighth in the state championships her senior year in the 1600m run and third overall in the 3200m run ... **PERSONAL:** An excellent student who was on the honor roll all four years in high school ... plans to major in graphic design and photography.

Ashley Moye

Junior, Pole Vault
Wauchula, FL (Hardee HS)
Collegiate Best:
Pole Vault (10'10")

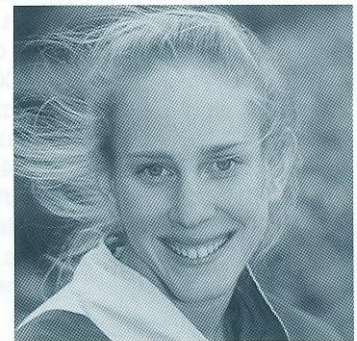


Multi-talented athlete who enters this season as the Lady Seminoles' second-best returning pole vaulter ... should add depth to an already strong vaulting corps who could prove to be the best in the conference...**2000:** Top performance of 2000 came at the ACC Outdoor Championships when she helped her squad capture a conference championship ... competed in the pole vault at the ACC Championships, clearing the bar at 10-10.00 for the Tribe's second-best returning mark (Lindsay Osborn)... **PREP:** Competed in cross country (1 yr), track and field (3 yrs) and volleyball (2 yrs) in high school ... named to the All-Heartland Team in 1998, as well as earning the "Coach's Award" in 1998 ... served as the team captain in 1997 and 1998 ... **PERSONAL:** Majoring in exercise physiology ... impressive academic history that includes Florida Academic Honors Award as well as the Top Scholar Award ...daughter of Carrol and Lucy Moye ... celebrates a birthday on August 24 ... greatest sports memory is when women began competing competitively in the pole vault in 1981.

Lindsay Osborn

Senior, Jumps
Pensacola, FL
(Woodham HS)

Collegiate Bests: Pole
Vault (12-1.50),



Osborn is the Lady Seminoles top returning pole vaulter this season and should make an immediate impact as part of one of the top poll vaulting squads in the Atlantic Coast Conference ... FSU's record holder in the pole vault ... **2000:** Has had an outstanding career in the pole vault, including leading the Lady Seminoles in the event in almost every meet throughout the season ... finished in the top-five in every indoor meet in 2000, including a second-place finish at the conference championships when she cleared 11-10.00 ... landed in first-place in both the Air Force Invitational and the Snowbird Invitational, clearing 11-08.50 for an indoor season-best ... added second-place marks at the ACC-SEC meet as well as the Virginia Tech Invitational ... started off the outdoor season with another outstanding meet when she finished first at the FSU Relays ... Osborn followed that performance with a second-place finish at the Florida Relays when she cleared an NCAA Provisional 12-01.50, this mark was good enough to put her name in the record books as the top pole vaulter of all time at Florida State ... **1999:** Tied for eighth place at the ACC Indoors ...recorded a collegiate best mark of 10-10 to finish fourth in the pole vault event at the ACC Outdoors...placed sixth in the high jump competition at the South Florida Invitational ... **1998:** Turned

women's profiles

Track & Field

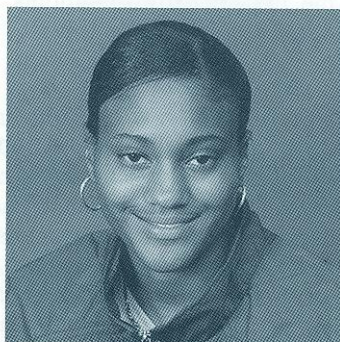
in her best mark of the indoor season at the Barnett Bank Invitational (7-10.50)... placed eighth overall at the ACC Outdoor Championships with a vault of 8-10.25... finished third at the Florida Intercollegiate at 8-6.25... recorded a collegiate best vault of 10-0 at the Seminole Twilight... **PREP:** Woodham Hall of Fame inductee who owns the school's high hurdle record... qualified for regionals during senior year, but did not participate due to injury... salutatorian who has named the most outstanding senior girl ... lettered in volleyball, track and field and cross country... **PERSONAL:** Born July 31, 1978 ... a nursing major ... All-ACC academic honoree ... has found time to work with the Florida Institute of Certified Public Accountants and at Tallahassee Memorial Hospital during time off from school and track.

Amy Pleckaitis
Freshman, Distance
Woodbridge, CT (Amity HS)
Track Best:
3000m (9:54)



After a promising cross country season as the Lady Seminoles' top cross country runner and first-ever All-ACC athlete for Lady Seminole cross country, Pleckaitis will look to excel on the distance track as well ... will compete in the 3,000m and 5,000m runs ... **CROSS COUNTRY:** Led the Lady Seminoles throughout the fall campaign in five-consecutive races before falling ill at the NCAA South Region Championships... streak included two invitational wins and an All-ACC honor; the first time any FSU harrier has earned that honor ... also contributed outstanding races at the prestigious Notre Dame Invitational (27th-17:50) and the Alabama Crimson Classic (3rd-17:35) ... defeated several eventual NCAA National Qualifiers, an honor she surely would have achieved if not for her untimely illness at the Regional Cross Country Championships ... a threat to win the NCAA South Region title next fall ... also earned a seventh place finish at the USA Junior National Cross Country Championships and was the first alternate for the 2000 IAAF World Junior Cross Country Championships... **PREP:** Had a heralded prep career where she led the nation during the indoor track season (9:54-3000m) ... top distance runner at Amity High School ... **PERSONAL:** Pleckaitis is a computer science major.

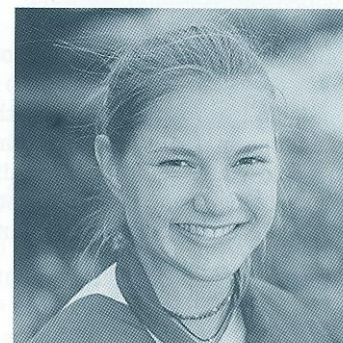
Shauna Quinn
Junior, Sprints
Uniondale, NY
(Uniondale HS)
Collegiate Bests:
400m hurdle (64.16)



A highly recruited runner who competes primarily in the 200m dash and the 400m hurdles ... a former high school sprint All-American... will provide depth to the sprint team and could emerge as a team leader by the end of the season in the sprints and hurdles ... **2000:** Is

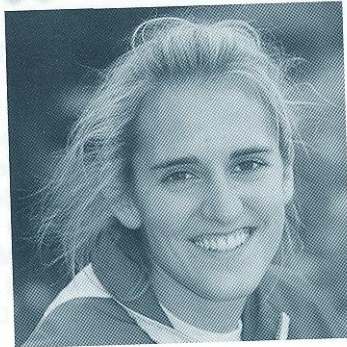
the Lady Seminoles' top returner in the 400m hurdles, running a 1:04.16 at the USTCA Collegiate Series Meet where she finished fifth ... also returns as part of a solid corps of 200m runners who return all of the top-five sprinters from last season, including Quinn who crossed the line with a time of 25.26 for the squad's fourth-best time ... **1999:** Redshirted... **PREP:** A high school All-American at Uniondale... earned all-state recognition for six consecutive years between grades seven through 12... a two-time team MVP... also an honor roll student... **PERSONAL:** A political science major... rooms with teammates Teresa Davis and Laura Gerber... born January 23, 1980.

Karen Rademeyer
Junior, Throws
Tulsa, OK (Jenks HS,
Oklahoma State)
Collegiate Bests:
Javelin (133), 20 lbs.
Weight Throw (48)



Transfer student who made an immediate impact on coach Harlis Meaders' throws team in her first two seasons, and should continue to do so as the squad's top returner in several events ... was a conference qualifier at Oklahoma State in the hammer and javelin ... former teammate at OSU of current Seminole Megan Robbins ... competes in a number of sprinting and field events ... **2000:** Owns the team's top returning mark in the javelin when she went 140-3 at the USTCA Meet ... added a 5-4 high jump at the same meet for her season-best in that event ... added the 100m hurdles to her repertoire when she ran a 16.86 and finished seventh ... also competed in the long jump and the discus in which she turned in marks of 16-feet and 93-11.00, respectively ... had her strongest showing of the season in the hammer in which she consistently competed with LaKesha Mose and Sara White for the squad's top mark ... Rademeyer tossed the hammer 153-feet, landing her in the record books with Florida State's fourth-best mark of all-time ... also ended the season with the squad's top heptathlon mark with 4,204 points ... **PREP:** Competed in both track and field and gymnastics in high school... all-state in gymnastics for three years... helped lead team to two state championships in track and field... **PERSONAL:** Dean's List all four semesters while at OSU... a Big XII Academic All-American... father played basketball at the University of Tulsa... pursuing a degree in English education... born on October 12, 1978.

Megan Robbins
Junior, Jumps
Edmond, OK
(Edmond North HS,
Oklahoma State)
Collegiate Best:
Pole Vault (12'2")



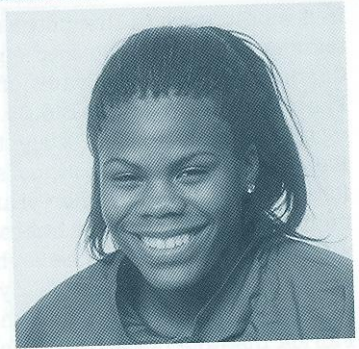
Has already made an impact on this season's Lady Seminoles pole vaulting squad as she will compete with teammate Lindsay Osborn as two of the top vaulters in the conference ... one of two transfers from Oklahoma State (Karen Rademeyer) ... finished second at the Big XII Outdoor Championships and fifth at the indoor conference championships in 1999...captured first-place at the Texas Relays in the pole vault ... **2000:** Redshirted... **PREP:** Two-sport athlete who participated in both basketball and track and field... **PERSONAL:** Dean's List member during the 1998-1999 school year at OSU...majoring in business...celebrates a November 3, 1978.

Nicole Scott
Sophomore, Throws
Willingboro, NJ
(Willingboro HS)
Collegiate Bests:
Discus (111-1),
Hammer (145-09),
Shot Put (42-05.50)



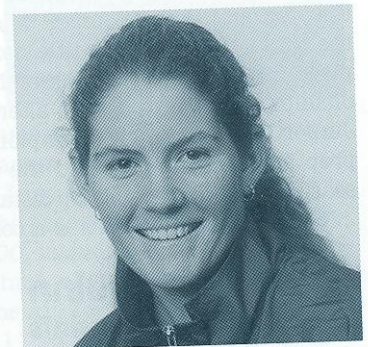
Returns to the Tribe as one of their top throwers, entering the record books in 2000 in both the shot and the hammer ... **2000:** Competed in the discus, hammer and shot put ... owns the Lady Seminoles' second-best returning mark in the shot put, behind All-American Makiba Batten ... returns the third-best mark for FSU in both the discus and the hammer ... moved into fifth-place all time at Florida State with her hammer throw of 145-09 at the Florida Relays ... had her second top-10 performance of the season when she tossed the shot 42-05.50 at the USTCA Meet, where she finished fourth and moved into ninth-place on the all-time records list at FSU ... **1999:** Started the season with top 10 finishes in the shot put and weight throw at the Florida Invitational...had best outing of the year at the Seminole Twilight Meet where she finished sixth in both the shot put and hammer events...her mark of 131-2 in the hammer competition ranked fifth all time at FSU...placed third in the discus throw at the North Florida Invitational...**PREP:** An All-County selection in 1995, '96 & '97...the school's athlete of the year in '97 and rookie of the year in '95...named All-South Jersey in '97...placed sixth in the shot at the AAU National Championships... **PERSONAL:** Plans to major in business law...brother, Jeff, is a thrower at Florida A&M...celebrates a January 2, 1980 birthday.

Ayana Townsend
Junior, Hurdles
Wyncote, PA
(Sheltenham HS)
Collegiate Bests: 55m
Hurdles (8.22), 100m
Hurdles (13.64), 400m
Hurdles (58.75)



One of top hurdlers for the Lady Seminoles before her redshirt season in 2000 ... led the team in all three hurdle events in 1999 ...will look to return strong this season ... **2000:** Redshirted ... **1999:** Improved times across the board in all three hurdle events...highlight of the indoor season was an 8.22 finish which tied her for fifth best in the ACC ... earned an NCAA provisional qualifying mark for her first place effort in the 400m hurdle competition at the FSU Relays...rewrote the FSU record books with the eighth-best all time mark in the 100m hurdles and ninth best in the 400m hurdles...**1998:** Began the season at the Florida Invitational with a third-place time of 8.37 in the finals of the 55m hurdles after running 8.29 in the prelims ...placed fourth in the 100m hurdles at the FSU Relays (14.43) ...won Florida Intercollegiate titles in the 100m hurdles (14.16) and the 400m hurdles (1:00.12)...ACC Outdoor 400m hurdle runner-up with a time of 1:00.05...ran 14.04 in the prelims of the 100m hurdles at the ACC Outdoors...clocked in at 14.11 at the FSU-UF-Nebraska tri-meet to take third in the 100m hurdles...recorded a collegiate best 400m hurdle time of 59.70 in a fifth place finish at the Georgia Tech Invitational... **PREP:** Set the Pennsylvania state record in the 300m hurdles...an All-American as a junior...won the state championship in the 300m hurdles and the 100m hurdles as a senior...**PERSONAL:** Plans to major in biology...celebrates a May 7, 1979 birthday.

Sara White
Senior, Throws
Port Charlotte, FL
(Charlotte HS)
Collegiate Bests:
Hammer (166-02),
Weight Throw (51-9.75)



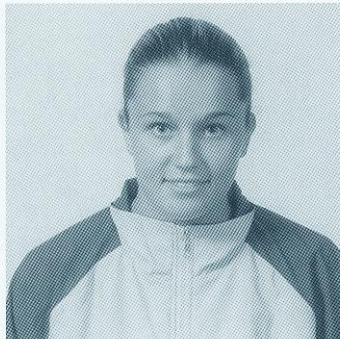
One of the Lady Seminoles most prolific throwers, competing in the discus and hammer ... will look to claim the conference title with ACC Champion and former teammate Lakiesha Mose having graduated ... **2000:** Tossed the discus 131-06 at the USTCA Meet in which she claimed a second-place finish behind teammate Makiba Batten ... had the most success in the hammer throw, in which she managed to notch the Tribe's top returning mark from last season ... her mark moved her into second on the all-time top hammer marks at Florida State with her toss of 166-02, which landed her in fourth place at the outdoor conference championships ... **1999:** Started the indoor season as the top Lady Seminole finisher in the weight throw event at the ACC/SEC Challenge...wrapped up the indoor season with the sixth-

best weight throw mark in the conference...had her best performance of the season at the Seminole Twilight competition where she recorded a collegiate best in the hammer event...impressive effort of 159-8 was the second-best hammer throw in FSU history...**1998:** Placed seventh in the weight throw at the Florida Invitational (40-6)...finished 17th in the weight (41-6) and 18th in the shot put (36-8.25) at the ACC/SEC Challenge...took seventh in the hammer at the Clemson Invitational with a throw of 137-2...just missed scoring in the hammer at the ACC Outdoors with a ninth place mark of 137-9...finished second in the hammer (135-11), second in the discus (124-2) and fifth in the shot (33-20.75) at the Florida Intercollegiates ... **PREP:** A four-year all-county selection and an all-state honoree as a senior ...named the track and field athlete of the year at Charlotte as a senior...participated in volleyball and soccer in addition to track and field...carried a perfect GPA through all four years...**PERSONAL:** An exercise physiology major...a Dean's List student at FSU...born March 28, 1979.

Jordana Whittington

Freshman, Distance
Sarnia, Ontario,
Canada
(St. Christopher's HS)

Strong distance runner that has already had a solid cross country season, competing on one of the most successful women's XC teams in FSU history ... **PREP:** Ran for the Petrolia Track and Field Club in high school ... competed in both cross country and track and field as a prep ... was an OFSAA Champion in 1998 and 2000 ... earned the "Outstanding Performance Award" three different years in high school ... **PERSONAL:** Undecided major ... roommate is fellow freshman Carrie Crandall ... named to the honor roll five different years in high school ... born Jan. 31, 1981.



KIM WINN

Sophomore
Tallahassee, FL
(Florida HS)

Track Bests: 11:15
3200m 14:12 4000m

After a much improved cross country season, Winn will look to contribute to a solid women's distance corps ... will compete in the 5,000m and 3,000m ... **CROSS COUNTRY:** Redshirt sophomore who was in the top five for the Lady 'Noles in all but one meet this season ... one of the most improved runners on this year's squad having improved over three minutes from her 5K high school personal best ... **PREP:** named an all-state performer in both the 800m open and 4x800m relay, multiple times



while attending Florida High School in Tallahassee... **PERSONAL:** Also enjoys running road races and recently finished in the top 20 at the National 15K Championships ... Winn is an art education major.

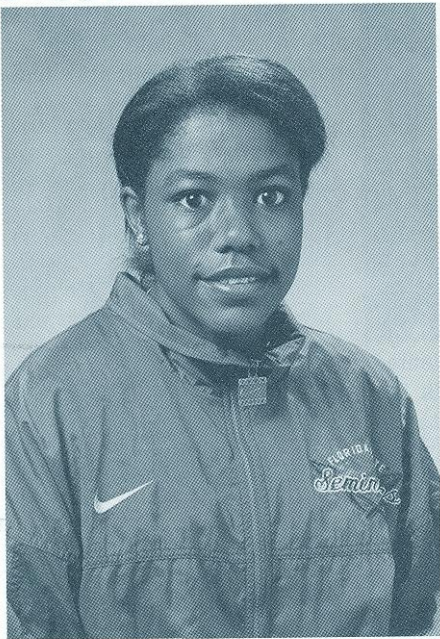
Tangela Wobbleton

Senior, Sprints
Stuart, FL (Martin
County HS)
Collegiate Best:
400m (53.92)

Provides depth on a talented sprint unit...specialty is the 400m competition... integral member of the Lady Seminoles' talented 4x400m relay unit ...



2000: Helped the squad to its first-ever ACC Championship as a member of the conference title winning 4x400m relay team ... named All-ACC for the outdoor season for her contributions to the relay team ... added solid performances in the 400m, 200m and 100m ... had her season-best time in the 100m when she crossed the finish line in 12.08 at the Florida Relays ... ran a season-best time in the 200m dash at the ACC Outdoor Championships when she crossed the line in 24.86 ... claimed a first-place finish in the 400m dash at the USTCA Series Meet when she ran a season- and career-best time of 53.92 ... had two other top-five finishes in the indoor season including a second-place finish at the Air Force Invitational (400m) and a third-place finish at the University of Florida (400m) ... **1999:** Began the season as the top Lady Seminole performer in the 400m competition at the Florida Intercollegiates...recorded her collegiate best time of 55.26 at the South Florida Invitational...completed the outdoor season ranked in the top 10 in the Atlantic Coast Conference in the 400m...**1998:** Placed ninth in the 400m (58.11) and ran 7.36 in the 55m prelims in first career meet...clocked in at 57.65 at the ACC/SEC Challenge for another ninth place 400m finish...recorded a time of 56.97 in the prelims of the ACC 400m...took sixth at the FSU-UF-Nebraska tri-meet in the 400m with a collegiate best of 56.47...**PREP:** Recorded times of 55.0 (400m), 24.40 (200m) and 11.77 (100m) during her high school career... won every conference, district and regional meet in the 100m, 200m, 400m in her four years at Martin County...a three-year state champion in the 400m...a three-time Stuart News athlete of the year honoree...finished in the top five in three state events (100m, 200m and 400m) as a junior...graduated with honors ... competed in volleyball, basketball and track... **PERSONAL:** Majoring in food, nutrition and movement...trains in the off season with her father, Mance ... born October 15, 1978.



2000 Season: indoors

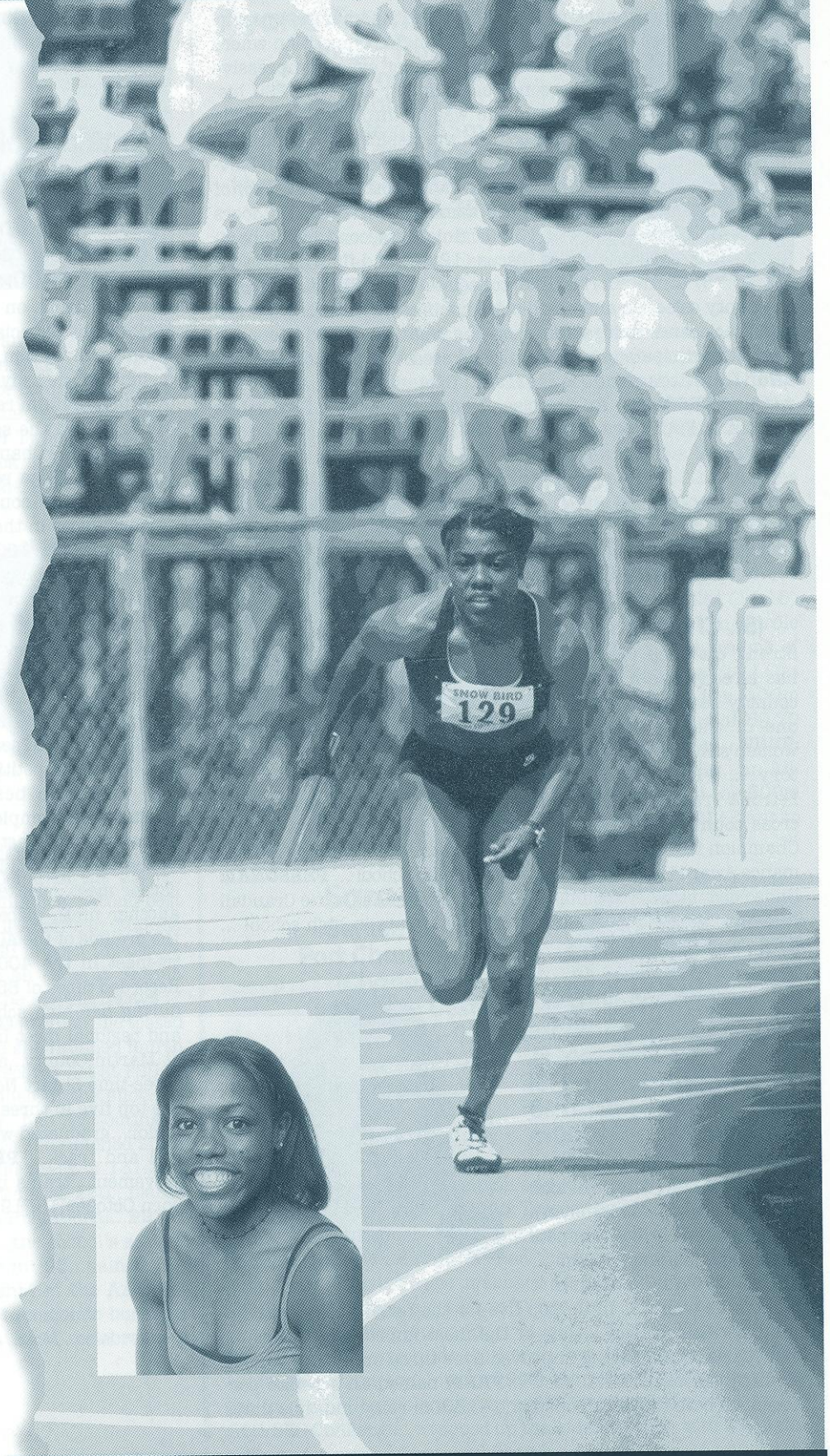
- 60 Meter Dash National Champion.
- NCAA Meet Record Holder 60 Meter Dash (7.21).
- Third Place USATF Indoor National Championships.
- ACC Champion 60 and 200 Meter Dashes.
- ACC Record Holder 60 Meter Dash (7.15).
- FSU Record Holder 60 Meter Dash (7.15).
- USTCA Southeast Region Athlete of the Year.

outdoors

- 100 meter Dash All-American (3rd Place).
- ACC Champion 100, 200, 4x100, 4x400.
- ACC Performer of the Meet.

career

- 3x All-American.
- 5x National Qualifier.
- 16 Points scored at the NCAA Championships.
- 10x All-ACC Performer.
- 82 Points Scored at the ACC Championships.
- Currently ranked 10th in US in 100m (Track & Field News).



women lady seminole

Event	Athlete, School	Time/Mark	Year
60m Dash	Tonya Carter	7.15	2000
60m Hurdles	Kim Batten	7.67	1991
200m Dash	Sheryl Covington	23.86	1993
400m Dash	Samantha George	53.18	2000
800m Run	Rikke Ronholt	2:05.84	1999
Mile Run	Margaret Coomber	4:45.79	1984
3,000m Run	Gale Grant	9:55.90	1981
4X400m Relay	Sophia Danvers, Maria Embon, Erica Shepard, Yashiva Edwards	3:33.59	1996
Long Jump	Sonya Blades	21'8.5"	1990
Triple Jump	Esmeralda Garcia	44'4"	1985
High Jump	Holly Kelly	6'1/4"	1989
Shot Put	Shannon Cook	49'3"	1997
20lb. Weight	Lakeisha Mose	62'5"	1998

ACC women's indoor

Event	Athlete, School	Time/Mark	Year
60m dash	Tonya Carter, FSU	7.15	2000
60m hurdles	LaTasha Colander, UNC	8.15	1998
200m Dash	LaTasha Colander, North Carolina	23.50	1998
400m Dash	Monique Hennagan, North Carolina	52.88	1998
800m	Rebecca Russell, UNC	2:06.62	1992
Mile Run	Rosalind Taylor, Maryland	4:42.92	1989
3,000m Run	Katrina Price, N.C. State	9:25.35	1991
5,000m Run	Laurie Gomez, N.C. State	15:55.26	1991
4X400m Relay	Florida State (Danvers, Embon, Shepard, Edwards)	3:33.59	1996
Distance			
Medley Relay	Wake Forest	11:40.26	1999
High Jump	Natasha Alleyne, GA Tech	1.89m/6'2.25"	1992
Long Jump	Ola Sesay, UNC	6.47/21'2.25"	2000
Triple Jump	Nicole Gamble, N. Carolina	13.62m/44'8 1/4"	1999
Shot Put	Kelly Bodiford, Virginia	15.65m/51'4.25"	1991
20lb. Weight	Lakeisha Mose, FSU	19.05m/62'5"	1998
Pole Vault	Joana Costa, Clemson	3.65/11'11.75"	2000

NCAA women's indoor

Event	Athlete, School	Time/Mark	Year
60m Dash	Carlette Guidry, Texas	7.14	1991
60m Hurdles	Vonette Dixon, Auburn	7.94	2000
200m Dash	Merlene Otley, Nebraska	22.79	1982
400m Dash	Maicel Malone, Arizona State	51.05	1991
800m Run	Amy Wickus, Wisconsin	2:01.65	1994
Mile Run	Vicki Huber, Villanova	4:28.31	1988
3,000m Run	Pattie Sue Plummer, Stanford	8:53.54	1983
5,000m Run	Sonia O'Sullivan, Villanova	15:17.28	1991
High Jump	Lisa Bernhagen, Stanford	6'5 1/2"	1987
Long Jump	Carol Lewis, Houston	22'3"	1985
Triple Jump	Sheila Hudson, California	45'9"	1990
Shot Put	Regina Cavanaugh, Rice	57'11 3/4"	1986
4x400m Relay	Texas	3:30.27	1999
Pole Vault	Tracy O'Hara, UCLA	14'6"	2000

men seminole indoor

Event	Athlete, School	Time/Mark	Year
60m Dash	Philip Riley	6.56	1994
60m Hurdles	Arthur Blake	7.56	1988
200m Dash	Jonathan Carter	21.09	1994
400m Dash	Kevin Ansley	46.73	1993
800m Run	Rob Circelli	1:48.86	1991
Mile Run	Cliff Cook	4:05.60	1979
3,000m Run	Herb Wills	8:04.10	1982
5,000m Run	Herb Wills	14:00.10	1982
4X400m Relay	Leander McKenzie, Charlie Carr, Vince Washington, Reggie Ross	3:08.67	1984
Shot Put	Mike Bell	59'0"	1987
Pole Vault	Jeff Bray	18'1/2"	1993
High Jump	Darrell Wills	7'3 1/2"	1986
Long Jump	Billy Close	25'6 1/4"	1987
Triple Jump	Kelsey Nash	53'11 1/4"	1994
35lb. Weight	Jody Lawrence	65'2 1/4"	1999

ACC men's indoor

Event	Athlete, School	Time/Mark	Year
60m Dash	Shawn Crawford, Clem.	6.56	2000
60m Hurdles	Jason Perry, NC State		1998
	Sultan Tucker, Clem.	7.79	2000
200m Dash	Shawn Crawford, Clem.	20.43	2000
400m Dash	Reggie Harris, North Carolina	45.94	1992
800m Run	David Krummenacker, GA Tech	1:47.40	1998
Mile Run	Tony Waldrop, North Carolina	3:56.4	1974
3,000m Run	Nolan Swanson, Wake Forest	8:03.50	1999
5,000m Run	Yehezkel Halifa, Clem.	14:04.79	1989
4x400m Relay	Georgia Tech (T. Motiejunas, J. Motiejunas, Johnson, Taylor)	3:06.00	1998
Distance			
Medley Relay	N.C. State	9:54.23	1999
High Jump	Eric Bishop, North Carolina	7'6"	1997
Long Jump	Allen Johnson, North Carolina	26'8 1/2"	1993
Triple Jump	Mike Patton, N.C. State	54'4 1/2"	1988
Pole Vault	Jeff Bray, Florida State	18' 1/2"	1993
Shot Put	Mike Spiritoso, Clemson	63'4"	1987
Weight Throw	Joseph Lawrence, Florida State	65'2"	1999

NCAA men's indoor

Event	Athlete, School	Time/Mark	Year
60m Dash	Leonard Miles-Mills, BYU	6.45	1999
60m Hurdles	Rod Woodson, Purdue	7.61	1987
200m Dash	Shawn Crawford, Clemson	20.26	2000
400m Dash	Brandon Coutts, Baylor	45.60	2000
800m Run	Paul Ereg, Virginia	1:44.84	1989
Mile Run	Tony Waldrop, North Carolina	3:55	1974
3,000m Run	Adam Goucher, Colorado	7:46.03	1998
5,000m Run	Suleiman Nyambui, Texas El Paso	13:20.4	1981
High Jump	Hollis Conway, SW Louisiana	7'9 1/4"	1989
Long Jump	Carl Lewis, Houston	27'10 1/4"	1981
Triple Jump	Charlie Simpkins, Baptist	57'5"	1981
Pole Vault	Jacob Davis, Texas	19'2 1/4"	1999
Shot Put	Terry Albritton, Stanford	70'6 1/2"	1977
4X400m Relay	Oklahoma	3:04.25	1998

division I/indoor (sea level)

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.80 [@]	-	6.94 [@]	-
60 Meters	7.30 [@]	-	7.44 [@]	-
55-Meter Hurdles	7.64 [@]	-	7.90 [@]	-
60-Meter Hurdles	8.17 [@]	-	8.43 [@]	-
200 Meters				
(Under 200m/220 yds)*	23.90	-	24.45	-
(200m/220 yds)*	23.70	-	24.25	-
(Banked or Over 200m/220 yds)*	23.50	-	24.05	-
400 Meters				
(Under 200m/220 yds)*	53.80	53.5	55.30	55.0
(200m/220 yds)*	53.50	53.2	55.00	54.7
(Banked or Over 200m/220 yds)*	53.20	52.9	54.70	54.4
800 Meters				
(200m/220 yds or less)*	2:07.30	2:07.0	2:10.00	2:09.7
(Banked or Over 200m/220 yds)*	2:06.90	2:06.6	2:09.60	2:09.3
Mile#				
(200m/220 yds or less)*	4:44.00	4:43.7	4:49.00	4:48.7
(Banked or Over 200m/220 yds)*	4:43.40	4:43.1	4:48.40	4:48.1
3,000 Meters#				
(200m/220 yds or less)*	9:24.00	9:23.7	9:38.00	9:37.7
(Banked or Over 200m/220 yds)*	9:23.20	9:22.9	9:37.20	9:36.9
5,000 Meters#				
(200m/220 yds or less)*	16:20.00	16:19.7	16:50.00	16:49.7
(Banked or Over 200m/220 yds)*	16:18.45	16:18.2	16:48.45	16:48.2
1,600-Meter Relay				
(Under 200m/220 yds)*	3:39.00	3:38.7	3:45.00	3:44.7
(200m/220 yds)*	3:37.00	3:36.7	3:43.00	3:42.7
(Banked or Over 200m/220 yds)*	3:35.80	3:35.5	3:41.80	3:41.5
Mile Relay				
(Under 200m/220 yds)*	3:40.25	3:40.0	3:46.25	3:46.0
(200m/220 yds)*	3:38.25	3:38.0	3:44.25	3:44.0
(Banked or Over 200m/220 yds)*	3:37.05	3:36.8	3:43.05	3:42.8
Distance Medley Relay-Meters#				
(200m/220 yds or less)*	11:22.00	11:21.7	11:38.00	11:37.7
(Banked or Over 200m/220 yds)*	11:20.00	11:19.7	11:36.00	11:35.7
Distance Medley Relay-Yards#				
(200m/220 yds or less)*	11:26.20	11:25.9	11:42.20	11:41.9
(Banked or Over 200m/220 yds)*	11:24.20	11:23.9	11:40.20	11:39.9

EVENT	METRIC	METRIC
High Jump	1.86	1.77
Pole Vault	4.00	3.65
Long Jump	6.34	6.10
Triple Jump	13.15	12.55
Shot Put	16.10	14.90
20-Pound Weight	19.50	17.70

*-Size of track.

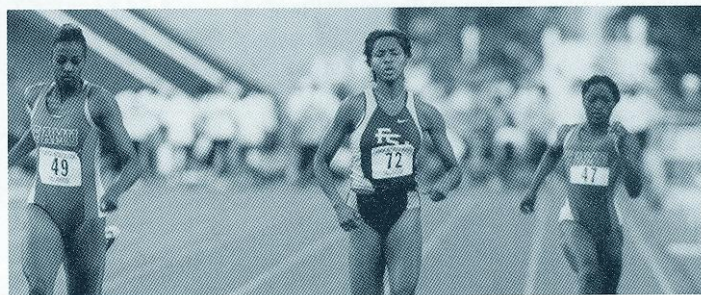
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division I/outdoor (sea level)

EVENT	AUTOMATIC		PROVISIONAL		ALTITUDE
	FAT	MT	FAT	MT	ADJ.
100 Meters	11.25	-	11.50	-	3k-5,999/6k+ +.06/+1.0
200 Meters	23.00	-	23.50	-	+.11/+2.0
400 Meters	52.20	51.9	53.50	53.2	+.20/+3.5
800 Meters	2:05.00	2:04.7	2:07.00	2:06.7	
1,500 Meters#	4:18.00	4:17.7	4:23.25	4:23.0	
Mile#	4:38.64	4:38.4	4:44.39	4:44.1	
3,000 Meters#	9:19.00	9:18.7	9:36.00	9:35.7	
5,000 Meters#	16:13.00	16:12.7	16:48.00	16:47.7	
10,000 Meters#	34:10.00	34:09.7	35:30.00	35:29.7	
100-Meter Hurdles	13.10	-	13.65	-	+.06/+1.0
400-Meter Hurdles	57.30	57.0	59.20	58.9	+.20/+3.5
400-Meter Relay	44.00	43.7	45.10	44.8	+.24/+4.0
440-Yard Relay	44.20	43.9	45.30	45.0	+.24/+4.0
1,600-Meter Relay	3:32.50	3:32.2	3:39.00	3:38.7	+.80/+1.4
Mile Relay	3:33.70	3:33.4	3:40.20	3:39.9	+.80/+1.4

EVENT	METRIC	METRIC
High Jump	1.85	1.79
Pole Vault	4.00	3.75
Long Jump	6.45	6.20
Triple Jump	13.30	12.60
Shot Put	16.05	15.00
Discus	56.00	51.50
Javelin	52.50	46.50
Hammer	61.00	56.00
Heptathlon	5,550 points	5,175 points

#-Altitude adjustment available.



@ 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.

women's records

Track & Field



100 meter dash

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

200 meter dash

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

400 meter dash

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

800 meter run

FSU Outdoor Record	2:03.54	1997	Erica Shepard
Mike Long Track Record	2:03.81	1986	Linda Detiefsen, Athletics West
ACC Outdoor Record	2:02.07	1983	Tina Krebs, Clemson
Collegiate Record	1:58.33	1985	Claudette Groenendaal, Oregon

1500 meter run

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

3000 meter run

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

5000 meter run

FSU Outdoor Record	16:39.4	1981	Darien Andreu
Mike Long Track Record	15:54.20	1999	Breeda Dennehy, unattached
ACC Outdoor Record	15:33.43	1983	Betty Jo Springs, N.C. State
Collegiate Record	15:07.56	1985	Kathy Branta, Wisconsin

10,000 meter run

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

100 meter hurdles

FSU Outdoor Record	13.06	1991	Kim Batten
Mike Long Track Record	12.92	1988	Kim McKenzie, FSU
ACC Outdoor Record	12.86	1999	Andria King, Georgia Tech
Collegiate Record	12.61	1988	Gail Devers, UCLA

400 meter hurdles

FSU Outdoor Record	53.98	1991	Kim Batten
Mike Long Track Record	54.41	1996	Kim Batten, Reebok
ACC Outdoor Record	56.64	1999	Nikkie Boyer, Clemson
Collegiate Record	53.47	1984	Janeen Vickers, UCLA

4 X 100M relay

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

4 X 400M relay

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

long jump

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

triple jump

FSU Outdoor Record	44-10 3/4	1986	Esmeralda Garcia
Mike Long Track Record	43-6 3/4	1986	Esmeralda Garcia, FSU
ACC Outdoor Record	44-3 3/4	1999	Nicole Gamble, UNC
Collegiate Record	46-0 3/4	1990	Sheila Hudson-Strudwick, California

high jump

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

pole vault

FSU	12-2	2000	Lindsay Adkins
Track Record	12-1.5	2000	Andrea Wildrick, Liberty
	12-1.5	2000	Megan Robbins, Unattached
ACC Record	13-5.25	2000	Jillian Schwartz, Duke
College	14-7.25	2000	Tracy O'Hara, UCLA

shot put

FSU Outdoor Record	51-10	1997	Shannon Cook
Mike Long Track Record	57-7 3/4	1999	Dawn Dumble, Bruin Reebok
ACC Outdoor Record	55-9	1983	Marita Walton, Maryland
Collegiate Record	62-3 3/4	1983	Meg Ritchie, Arizona

discus

FSU Outdoor Record	172-10	2000	Makiba Batten
Mike Long Track Record	189-3	1986	Kathy Landry, Alabama
ACC Outdoor Record	181-0	1993	Lynda Lipson, UNC
Collegiate Record	221-5	1983	Meg Ritchie, Arizona

javelin

FSU Outdoor Record	174-10	1990	Kari Keith
Mike Long Track Record	182-8	1985	Susie Ray, UF
ACC Outdoor Record	188-3	1999	Ann Crouse, UVA
Collegiate Record	211-5	1981	Karin Smith, Cal Poly SLO

heptathlon

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

100 meters

1. Michelle Finn	11.20	1986
Randy Givens	11.06"	1984
3. Brenda Cliette	11.23	1983
4. Randy Givens	11.27	1984
5. Tonya Carter	11.30	2000
6. Esmeralda Garcia	11.32	1985
7. Andrea Thompson	11.35	1988
8. Patrice Verdun	11.40	1992
9. Sheryl Covington	11.41	1991

200 meters

1. Randy Givens	22.31	1983
2. Marita Payne	22.62	1983
3. Michelle Finn	22.77	1986
4. Brenda Cliette	22.81	1984
5. Patrice Verdun	23.24	1992
6. Yashiva Edwards	23.27	1997
7. Casey Custer	23.29	1996
8. Janet Davis	23.36	1987
9. Sheryl Covington	23.39	1993
10. Tonya Carter	23.48	1999

400 meters

1. Marita Payne	49.91	1984
2. Sheryl Covington	51.85	1994
3. Brenda Cliette	51.92	1984
4. Samantha George	51.98	1999
5. Sophia Danvers	52.18	1997
6. Janet Davis	52.37	1987
7. Kim Batten	52.53	1991
8. Angela Wright	52.61	1982
9. Yashiva Edwards	52.64	1997

800 meters

1. Erica Shepard	2:03.54	1997
2. Orvill Dwyer-Brown	2:04.90	1982
3. Samantha George	2:05.14	2000
4. Rikke Ronholt	2:05.84	1998
5. Scooby Golden	2:06.60	1983
Angela Harris	2:06.60	1992
7. Nancy Rettie	2:07.04	1985
8. Maria Embon	2:07.10	1997
9. Janet Wood	2:07.20	1981
Kelley Hackler	2:07.20	1985

1,500 meters

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

3,000 meters

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

5,000 meters

1. Darien Andreu	16:39.4	1981
2. Janie Regis	16:43.5	1985
3. Tracy Pepon	17:12.66	1993
4. Natalie Reid	17:29.00	1999
5. Barbara Mathews	17:42.38	1988
6. Cynthia Campbell	17:49.78	2000
7. Diana Hartnup	17:52.5	1999
8. Michelle Farrell	17:56.78	1989
9. Katie Jeffrey	18:03.00	2000

10,000 meters

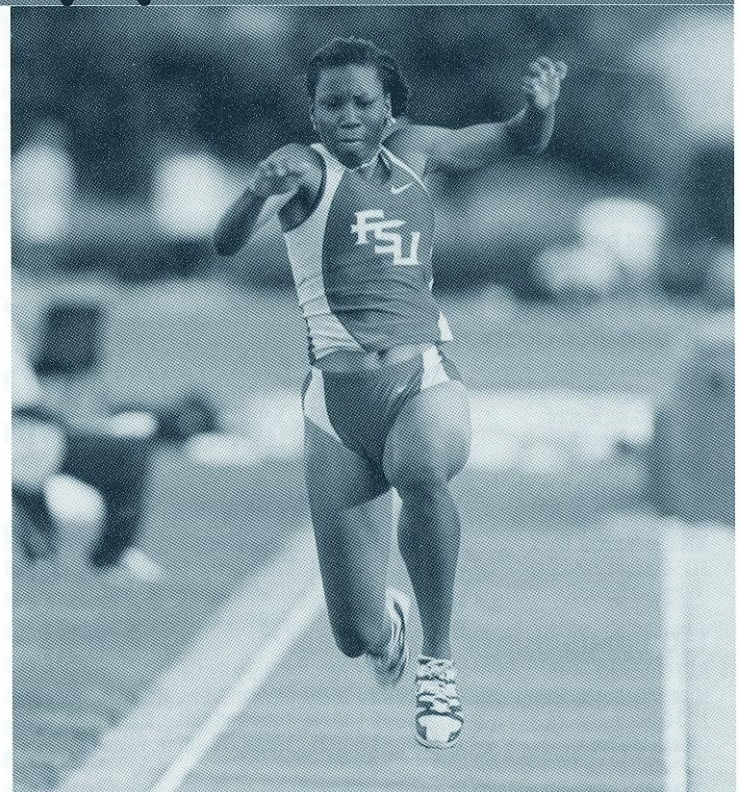
1. Kerrie Yenchak	34:27.75	1987
2. Darien Andreu	34:42.74	1981
3. Janie Regis	35:01.78	1985
4. Janet Bassford	35:52.20	1982
5. Barbara Mathews	36:11.70	1988
6. Michelle Farrell	37:04.90	1989
7. Cynthia Campbell	37:21.46	2000

100 meter hurdles

1. Kim Batten	13.06	1991
2. Tonja Brown	13.42	1982
3. Mary Hawkins	13.44	1988
Andrea Thompson	13.44	1988
5. Carolyn Faison	13.60	1982
6. Kristen Thorne	13.61	1996
7. Carmellia Shivers	13.62	1991
8. Ayana Townsend	13.64	1999
9. Peggy Armand	13.66	1994
10. Joann Brown	13.71	1984

400 meter hurdles

1. Kim Batten	53.98	1991
2. Tonja Brown	56.46	1982
3. Angela Wright	56.74	1983
4. Orvill Dwyer-Brown	56.94	1983
5. Rikke Ronholt	57.30	1997
6. Radhiya Teagle	57.72	1995
7. Kristen Thorne	58.06	1997
8. Carmellia Shivers	58.55	1991
9. Ayana Townsend	58.75	1999
10. Chris McKay	58.86	1985



long jump

1. Sonya Blades	21'8 1/2"	6.61	1990
2. Esmeralda Garcia	21'7 1/2"	6.59	1986
3. Trinette Johnson	21'6"	6.55	1993
4. Kim Batten	20'9"	6.32	1988
5. Alice Bennett	20'6"	6.24	1983
6. Zuzette Mullings	20'5 1/4"	6.23	1999
7. Zuzette Mullings	20'4 1/2"	6.21	1998
8. Michelle Finn	20'1 1/2"	6.15	1986
9. Felicia Evans	19'11 1/2"	6.08	1993
10. Petena Moultrie	19'9 3/4"	6.04	1995

triple jump

1. Esmeralda Garcia	44'10 3/4"	13.68	1986
2. Kim Batten	42'6"	12.95	1991
3. Zuzette Mullings	41'10"	12.75	1998
4. Petena Moultrie	41'8 3/4"	12.72	1996
5. Chinette Johnson	40'11.50"	12.48	1998
6. Janet Levy	40'8 1/4"	12.40	1987
7. Zuzette Mullings	40'7 3/4"	12.39	2000
8. Felicia Evans	40'3 1/4"	12.27	1994
9. Zuzette Mullings	40'1 1/2"	12.23	1999
10. Chinette Johnson	39'6 1/4"	12.05	1999

high jump

1. Wendy Markham	6'1 3/4"	1.86	1993
2. Holly Kelly	6'1 1/4"	1.86	1989
3. Indianne Henry	6'0 1/2"	1.84	1993
4. Christine Daniels	5'10"	1.78	1997
5. Carmellia Shivers	5'9"	1.75	1990
6. Michaela Steele	5'8 3/4"	1.75	1999
7. Latashia Crews	5'8"	1.73	1985
8. Peggy Armand	5'7"	1.70	1992
Michaela Steele	5'7"	1.70	1998
10. Shannon Steele	5'7"	1.68	1998

women's top performances

Track & Field

shot put

1. Shannon Cook	51'10"	15.80	1997
2. Lakeisha Mose	49'8 3/4"	15.16	2000
3. Makiba Batten	48'9.50"	14.87	2000
4. Cathy Erickson	47'7 1/4"	14.51	1996
5. Lakeisha Mose	47'6.25"	14.48	1998
6. Vicki Smith	46'7 1/2"	14.21	1977
7. Donna Williams	46'3"	14.09	1984
8. Makiba Batten	46'1 1/2"	14.06	1999
9. Eleanor Majors	45'8"	13.92	1982
10. Andrea Pappas	44'5 1/2"	13.55	1997

discus

1. Makiba Batten	172'10"	52.68	2000
2. Shannon Cook	162'6"	45.59	1997
3. Makiba Batten	159'11"	48.74	1999
4. Cathy Erickson	153'6"	46.79	1995
Andrea Pappas	153'6"	46.79	1997
6. Tonya Granneman	150'5"	45.86	1990
7. Donna Williams	148'7"	45.57	1984
8. Rena Antanelis	145'2"	44.26	1990
9. Laura Goens	143'5"	43.71	1996
10. Kim Travers	140'	42.68	1976

javelin

1. Karl Kieth	174'10"	53.30	1990
2. Cheryl Coker	167'	50.90	1985
3. Nancy Townsend	154'9"	47.18	1980
4. Shannon Steele	150'4"	45.82	2000
5. Rena Antanelis	149'8"	45.62	1983
6. Laura Gibbons	149'6"	45.58	1972
7. Shannon Steele	145'11"	44.48	1999
8. Rosa Diaz	145'6"	44.36	1989
9. Kim Stephens	145'3"	44.28	1991
10. Shannon Steele	141'6 1/4"	43.14	1998

hammer

1. Lakeisha Mose	187'9"	57.22	2000
2. Lakeisha Mose	178'6"	54.44	1998
3. Sara White	159'8"	48.66	1999
4. Sara White	166'2"	50.64	2000
5. Shannon Cook	157'6"	48.01	1997
6. Karen Rademeyer	153'0"	46.64	2000
7. Nicole Scott	145'9"	44.02	2000
8. Nicole Scott	134'8"	41.06	1999
9. Alanyia Johnson	133'4"	40.64	2000

heptathlon

1. Carmelia Shivers	5410	1991
2. Chinette Johnson	5262	2000
3. Kim Stephens	5251	1991
4. Chinette Johnson	5176	1998
5. Kim Mann	5143	1990
6. Chinette Johnson	5068	1999
7. Candi Odom	4911	1991

8. Latoshia Crews

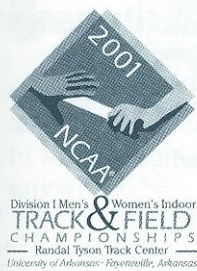
4900 1985

4X100 Relay

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

4x400 Relay

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



cross country

1981 Darien Andreau

indoor

- 1981 Darien Andreau-5,000m (5th); Alice Bennett-Long Jump (4th); Esmeralda Garcia-Long Jump (2nd); 60m (2nd); Angela Wright-400m (4th); Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne-4X200 (1st); Margaret Coomer-1,000m (3rd); Scooby Golden, Debbie Moore, Marita Payne, Angela Wright-4X400 (4th)
- 1982 Tanya Brown-60 yd. Hurdles (7th); Orrill Dwyer-Brown-600 yards (5th); Margaret Coomer-1,000 yards (8th); Carolyn Faison -60 yd. Hurdles (6th); Randy Givens-300 yards(4th); Angela Wright-440 yards (6th); Carla Borovicka, Orrill Dwyer-Brown, Margaret Coomer-4X800 (1st); Alice Bennett, Randy Givens, Marita Payne, Janette Wood-4X200 (2nd); Tonya Brown, Orrill Dwyer-Brown, Scooby Golden, Angela Wright-4X400 (2nd)
- 1983 Wendy Markham-High Jump (3rd)
- 1984 Carla Borovicka-1,500m (6th), Margaret Coomer-1,500m (5th); Michelle Finn-55m(4th); Orrill Dwyer-Brown, Brenda Cliette, Janet Davis, Janet Levy, 4X400(2nd)
- 1985 Michelle Finn-55m (1st); Esmeralda Garcia-Triple Jump(1st); Nancy Rettie-1,000m (3rd); Kelly Hackler, Chris McKay, Brenda Moore, Nancy Rettie-4X800 (5th)
- 1986 Michelle Finn-55m (2nd); Esmeralda Garcia-Long Jump (2nd)
- 1987 Michelle Finn-55m (2nd)
- 1989 Kim Batten- Triple Jump (5th)
- 1990 Kim Batten- Triple Jump (5th); Carrie Boyd-4X800 (6th); Sonya Blades-long jump (9th); Carrie Boyd, Tracey Howze, Karla Severs, Angela Harris-4X800 (6th); Holly Kelly-High Jump(4th), Patrice Verdun-200m (6th), 55m
- 1991 Holly Kelly-High Jump (4th); Kim Batten-Triple Jump (5th)
- 1993 Sheryl Covington-55m (8th), 200m (7th); Trinet Johnson-Long Jump (8th)
- 1996 Erica Shepard-800m (7th), Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard-4x400 (2nd)
- 1997 Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard-4x400 (4th)
- 1999 Tonya Carter-60m (9th)
- 2000 Tonya Carter-60m dash (1st), Samantha George-400m dash (6th)

outdoor

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

- 1985 Michelle Finn-100m (1st), 200m (2nd); Esmeralda Garcia-Triple Jump(1st), Long Jump (5th), 100m (3rd); Michelle Finn, Esmeralda Garcia, Andrea Thompson, Janet Levy -4X100 (3rd)
- 1986 Michelle Finn-100m (5th), 200m (7th); Michelle Finn, Esmeralda Garcia, Janet Levy, Andrea Thompson- 4X400 (5th) Esmeralda Garcia- Triple Jump (2nd)
- 1987 Janet Davis- 400m (5th); Michelle Finn-100m (4th); 200m (6th); Michelle Finn, Janet Davis, Janet Levy, Andre Thompson-4X100 (1st)
- 1990 Kari Keith-Javelin (8th); Kim Batten - 100m IH (8th), 400m IH (2nd); Carmelia Shivers-Heptathlon (9th); Patrice Verdun, Lida Horton, Trinet Johnson, Kim Batten-4X100 (4th)
- 1991 Holly Kelly-High Jump (4th); Carmelia Shivers-Heptathlon (10th); Kim Batten-100m IH (4th), 400m IH (3rd); Andi Lyons, Sheryl Covington, Verdun, Kim Batten-4X100 (6th)
- 1992 Trinet Johnson-Long Jump (6th); Patrice Verdun-200m (9th); Trinet Johnson, Patrice Verdun, Andi Lyons, Sheryl Covington-4X100 (7th)
- 1993 Trinet Johnson-Long Jump (7th)
- 1994 Sheryl Covington-400m (5th); Sheryl Covington, Sophia Danvers, Erica Shepard, Radhiya Teagle-4X400 (8th)
- 1996 Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard-4X400 (2nd)
- 1997 Casey Custer, Sophia Danvers, Yashiva Edwards, Zuzette Mullings-4X100 (7th); Sophia Danvers, Yashiva Edwards, Maria Embon, Rikke Ronholt-4X400 (2nd)
- 1999 Samantha George-400m (6th)
- 2000 Makiba Batten-discus (9th), Tonya Carter-100m (3rd)

individual NCAA champions

Tonya Brown-1982 Outdoor 400m IH
Michelle Finn-1985 Indoor 55m, 1985 Outdoor 100m
Esmeralda Garcia-1985-Indoor Triple Jump, 1985-Outdoor Triple Jump
Randy Givens-1984 Outdoor 100m, 1984 Outdoor 200m
Marita Payne-1982 Outdoor 400m, 1984 Outdoor 400m
Tonya Carter-2000 Outdoor Champion, Indoor 60m

NCAA championship relay teams

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

lady seminole in the olympics

- 1996 Atlanta, Kim Batten (USA) 400m IH (Silver)
- 1992 Barcelona, Michelle Finn (United States) 4x100 (Gold Medal)
- 1988 Seoul, Marita Payne (Canada) 400m
- 1984 Los Angeles, Marita Payne (Canada), 400m (4th) 4x100 (Silver), 4x400 (Silver) Randy Givens (United States) 200m (6th) Esmeralda Garcia (Brazil) 100m, Long Jump Brenda Cliette (United States) 4x100 (alternate) Angela Wright-Scott, Orrill Dwyer-Brown (Jamaica) 400m Hurdles
- 2000 Kim Batten (USA), Samantha George (Canada) 400m IH, 400m

support services

academic support

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

FSU's academic support philosophy is "to offer an academic support program integrated with the total uni-



Pam Overton,
Director of Student Services

versity. This will assess all student-athletes with the transition into college and provide continued support in all phases of academic and professional development, culminating with graduation, job placement or graduate school."

To accomplish this goal, FSU has developed an academic environment which facilitates the academic success of student-athletes. Student success is encouraged through competent academic counseling, career exploration, planning and

placement and academic assistance through tutorial programs and mentors.

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

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

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

strength and conditioning

"The Strong Shall Survive" is the motto of the strength and conditioning staff at Florida State. It is also this philosophy that has made Seminole athletes in all sports among the strongest, fastest and most fit anywhere.

medical care and treatment

An athlete can expect to receive the best care and treatment possible with the athletic training staff at Florida State University. Prior to competition, all FSU student-athletes undergo screening in order to detect any potential injuries.

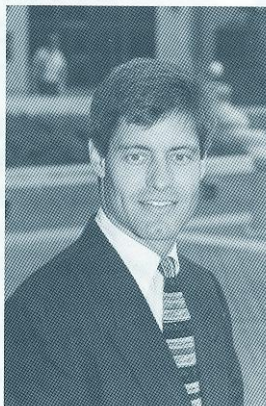
If a problem is detected, the athlete may be placed on a prevention care system which may include any kind of treatment from icing to exercising. Graduate Assistant trainer Joshua Nichter will handle the athletic training duties for the Lady Seminole track and field team this season.

Though the prevention of injuries is the main objective, some injuries are unavoidable. Rehabilitation is another facet of the Florida State training room. The FSU athletic training staff will work with the athlete and provide an intense rehabilitation schedule that will allow the athlete to successfully recover after an injury. Some injuries and illnesses may be referred to the Seminole team physicians at the Tallahassee Orthopedic Center, who, for many years, have worked in conjunction with the FSU athletic training staff in successfully rehabilitating athletes after an injury.

Drug testing is also the responsibility of the athletic training team. This program is dedicated to providing the best care possible for all FSU student-athletes.

athletic academic support program

Mark Meleney became Florida State's Director of Athletic Academic Support Programs in 1997 and brings



Mark Meleney,
Director of Athletic
Academic Support

13 years of advising experience to the position. Over the past six years, Meleney has played an integral role in the development of a comprehensive program of student athlete support, which in 1996 won the "Program of Excellence" award from Athletic Management Magazine.

Meleney oversees an academic staff comprised of five academic counselors, and administrative assistant, several graduate assistants, individualized learning specialists and a cadre of about 70 tutors and mentors.

Meleney and his wife Sarah are the parents of a six-year-old daughter, Montana Shea.

Andi Lyons enters her second year as an academic advisor with the men's and women's track and field teams. Lyons career with Florida State track and field extends far beyond academic advising, back to 1988 when she began her college education at Florida State. Lyons competed on the Lady Seminoles' track and field



Andi Lyons, Academic Advisor

squad, collecting All-America honors as part of the 4x100m relay team in 1991 and 1992, until she graduated from the University four years later. In 1992, Lyons moved to Starkville, Miss., where she started her coaching career as an assistant with the Mississippi State University track and field program. Lyons coached hurdles and sprints, along with the field events for four years at MSU.

In 1996, Lyons returned to her alma mater to join the Seminoles' coaching staff. Lyons coached the sprints and relays as an assistant at FSU, and got an early start on her current career by working with the team's academics and compliance issues. Some of her coaching accolades include coaching the 1997 4x100m relay team to a seventh-place finish, while also coaching Tonya Carter, a future NCAA Champion, at the 1997 USA Indoor Championships. At FSU, Lyons also coached several senior football players in speed and quickness as they prepared for the NFL Draft.

Lyons received her bachelor's degree from Florida State in communications in 1992, and earned a master's degree in sports administration from Mississippi State in 1996.

life skills

career development

Preparing for life after college sports is a major focus of the New Opportunities for leadership, Education and Service (N.O.L.E.S.) Career Development program. N.O.L.E.S. is designed to work cooperatively with the University's Career Services to acquaint students with the job search process, provide networking oppor-

tunities and ultimately assist with job placement. This program Places a priority on the development of the total person, with the goal of developing individuals who will have rewarding and productive lifestyles after they leave Florida State.

community service

Serving the community is the focus of our Seminole Spirit program. Student-athletes are challenged to give service to our community and individuals who are in need. With a clearly defined program of service, student-athletes are given the opportunity to develop the foundation for a lifelong commitment to volunteerism. The Seminole Spirit Student-Athlete Speakers' Bureau enables student-athletes to improve their speaking skills, develop effective communication and impact the lives of others through their service as role models in our community.

leadership development

The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The foundation of the leadership development program are the Seminole Leadership Institutes that are held four times a year. These Institutes offer student-athletes the opportunity to learn skills that will benefit them as students, as athletes, and as they pursue their goals after leaving Florida State. The Institutes are based on building communication skills. Students have the opportunity to use the values and work ethic taught by athletic participation as the framework for their leadership development. The Institutes attract outstanding guest speakers who challenge Seminole student-athletes to achieve their leadership skills to positively influence others.

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

2000 ACC Academic Honor Roll Members

Lindsay Osborn (4)

Nate Adams

Ryan Atkins

Brooke Bastien

Dan Clark

Andrea Dulmage

Danny Fritz

Pat Gerberich

Greg Gorski

Kim Jones

Ashley Moye (2)

Amber Russell

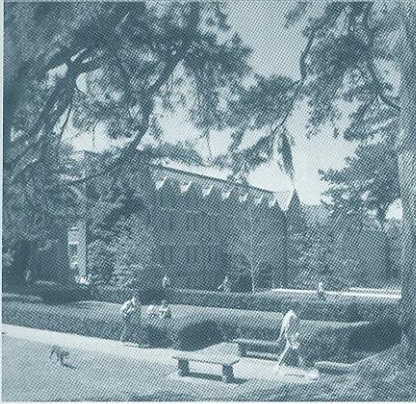
Jared Sweetser

Gary Visser (2)

Sara White (3)

Mason Yost (2)

Brackets indicate multiple years.



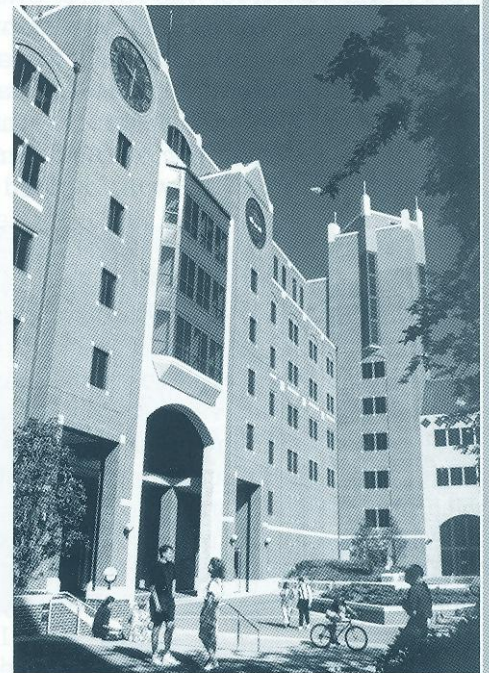
Florida State University, recently celebrating its golden anniversary as a coeducational graduate research institution in 1997, has joined the nation's elite in both academics and athletics.

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

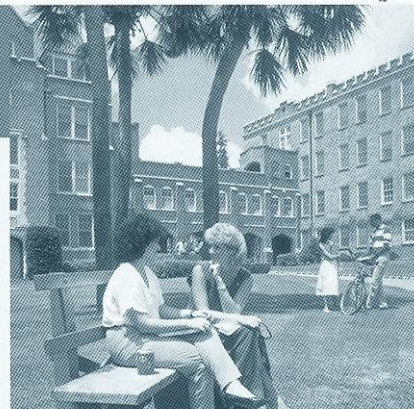
- In 1994, Florida State was classified a "Research University I" by the Carnegie Foundation, placing it among the nation's top research universities.
- In 1994, the college referral service, "Who's Who Among American High School Students," placed FSU among its top 10 - with such universities as Harvard, Duke, Stanford, North Carolina-Chapel Hill, Michigan-Ann Arbor and Yale - of most frequent choices of more than 100,000 of the nation's best and brightest high school students who asked that a specific college be notified of their recognition in "Who's Who."
- Vice President of the United States Al Gore spoke at the dedication of the National High Magnetic Field Laboratory at Florida State in 1994. The National Science Foundation established the \$100 million magnet lab in 1990 at FSU, which is partnered in research with the Los Alamos National Laboratory and the University of Florida. A Nobel laureate in physics and a top Russian physicist were among the first scholars drawn to the faculty. The world's largest magnet - two stories high and capable of generating 45 tesla or 1 million times the Earth's magnetic field - was installed in 1995 at the NHMFL, located in the off-campus research complex, Innovation Park. In 1996, the NSF renewed and increased by 50 percent the NHMFL's funding for another five years.
- FSU created the first multipurpose student identification/banking card. The Card Application

Technology Center is a national leader in "smart card" systems.

- At the forefront of supercomputing since obtaining its first high-speed computer in 1985, FSU took yet another step in ultrafast and parallel computing in 1990 when it acquired two supercomputers, the Thinking Machine Corp. Connection Machine and the Cray Y-MP.
- In fall 1994, the first tenants moved into the east side of the \$100 million University Center, a classroom-and-office facility at Doak Campbell Stadium; the stadium's south end zone also was enclosed and the adjacent Moore Athletic Center expanded. With the completion of the west side in 1996, University Center now provides 550,000 square feet of much needed academic space and a centralized location for student services.
- In 1990, Florida State ranked second in popularity nationwide among high school seniors, based on the number of students who request that their Scholastic Aptitude Test (SAT) scores be sent to an institution. FSU was the only institution listed among the top 10 choices of both black and white college-bound students.
- FSU's high-tech program in structural biology in 1991 received the University's largest single foundation grant, \$4 million.
- Capping more than a decade of national prominence in intercollegiate athletics, Florida State's athletic teams, nicknamed "Seminoles," joined the Atlantic Coast Conference as its ninth member in 1990. The FSU football team won the 1993 National Championship and its quarterback, Charlie Ward, won the University's first Heisman Trophy. The 1999 football team also



Florida State the university



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

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

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

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

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



Within the state, the University maintains facilities at its 25-acre campus in Panama City, its Marine Laboratory on the Gulf of Mexico, the Appleton Museum in Ocala and the Asolo Performing Arts Center in Sarasota. The Center for Professional Development and Public Service, housed in the Augustus B. Turnbull III Florida State Conference Center on the edge of the campus, provides extensive credit and non-credit continuing education programs statewide.

Florida State offers 286 graduate and undergraduate degree programs through its eight colleges - Arts and Sciences; Business; Communication; Education; Engineering (operated jointly with Florida A&M University, a historically black institution); Human Sciences; Law; and Social Sciences (which also incorporates the Reubin Askew School of Public Administration and Policy) - and eight schools - Criminology and Criminal Justice; Information Studies; Motion Picture, Television and Recording Arts; Music; Nursing; Social Work; Theatre; and Visual Arts and Dance.

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

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

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

FSU, a residential campus, places a high priority on its 35,019 students and their needs and interests (of the student population: 45 percent are male; 55 percent are female; 20.1 percent are minorities; and 2.5 percent are foreign students). The University Honors Program, Disabled Student Services, International Student Center, Student Government, Flying High Circus and intramural sports are among more than 200 organizations and activities in which students may participate.

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

tallahassee, florida

the capitol is a capital place

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

Best known as Florida's capital, Tallahassee is an intimate neo-metropolitan city where the power of state government, the academic and the artistic are complemented by subtle, old-fashioned charm. It is the perfect two- or three-day diversion for the more than 41 million annual visitors to Florida and 13 million residents.

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

With the Gulf of Mexico just 20 miles south and the Georgia border only 14 miles north, Tallahassee rests between the foothills of the Appalachian Mountains and the juncture of Florida's panhandle and peninsula. Nearer in miles to Atlanta than to Miami, Tallahassee more closely resembles its Southern neighbors than Florida in topography, climate and



Track & Field

lifestyle.

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

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

The "old town" has undergone many changes, but one thing remains the same - it is still a government town fiercely proud and dedicated to preserving its heritage.

The Capitol buildings, both old and new, epitomize Tallahassee's perseverance.

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

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

Across from the Old Capitol are the 40-foot twin granite towers of the Vietnam Veteran's Memorial, and the blue stone Union Bank, Florida's oldest surviving financial institution. The nostalgic Old Town



Florida State

Trolley, a replica turn-of-the-century street car, carries passengers through restored Adams Street Commons to numerous other historical downtown shops for free - unheard of even 100 years ago.

Minutes from downtown lies the Governor's Mansion, which resembles the home of Florida's military hero Andrew Jackson; and the 52-acre natural animal habitat and 1880s farm of the Tallahassee Museum of History and Natural Science, which provide the rare chance to walk and talk with native Florida animals.

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

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

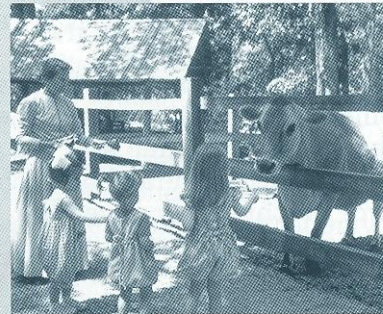
an all-america city



We Won! Tallahassee's an All-America City!

On June 26, 1999 judges from the National Civic League named Tallahassee as one of 10 cities to win the prestigious All-America City (AAC) award from the 1999 All-America City conference in Philadelphia. The All-America City award is the most prestigious and coveted award a community can win. The annual award recognizes exemplary, grassroots and problem-solving efforts of communities that cooperatively tackle challenges and achieve measurable results. Judging is based on the overall level of community involvement in solving critical local problems, including public-private partnerships.

"This is clearly one of the most exciting things to ever happen to Tallahassee," said a jubilant Mayor Scott Maddox. "For those of us who call Tallahassee home, the All-America City award verifies what we've known for so long - that we have one of the greatest cities in all of America!"



Outdoor enthusiasts enjoy adventures including boating and fishing on area lakes, rivers, ponds and the Gulf - just 30 minutes away. Lakes Seminole, Jackson and Talquin are renowned in the bass fishing world for yielding the "big ones," and dense forests offer an abundance of prize-winning game. Local wildlife areas such as the Florida National Scenic Trail, St.

Marks National Wildlife Refuge and Apalachicola National Forest are among many spots for camping, picnicking, swimming, biking and ex-

ploring.

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

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

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

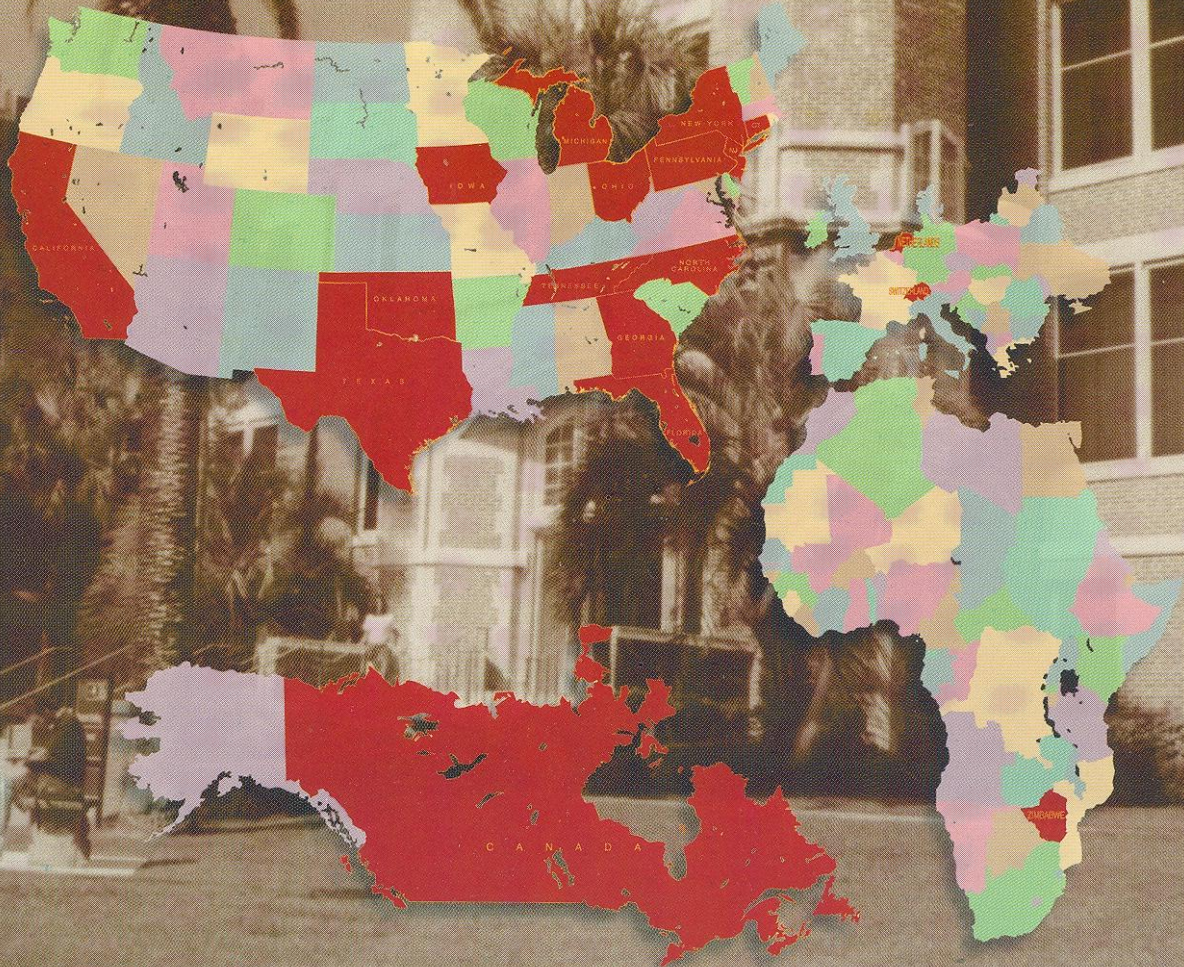
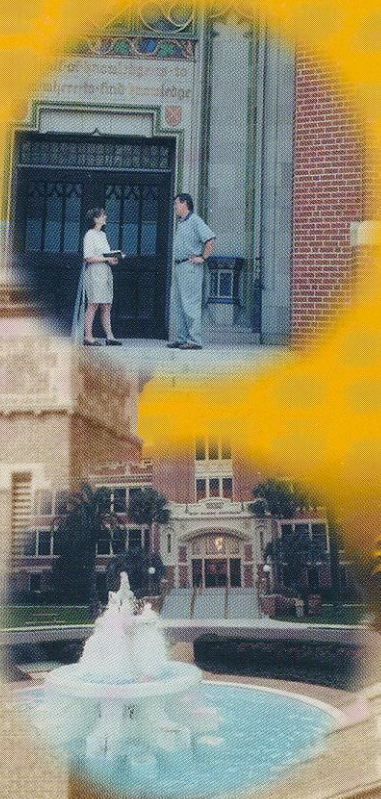
Tallahassee is a collaboration of power-play politics and classical character splashed with a twist of Southern beauty and charm. Tallahassee is Florida with a Southern accent.

World Class University / World Class Athletes

Florida State



Recognized as one of the top collegiate track and field programs in the country, Florida State attracts student-athletes, from not only the United States, but from all over the world. FSU has built success by establishing a talent base that starts with field-event standouts Joe Allen (Toledo, Ohio) and Makiba Batten (Detroit, Michigan), who both competed at the NCAA Championships last season, and branches out across the ocean to Switzerland's Laura Gerber and The Netherland's Joep Tigchelaar.



Track & Field

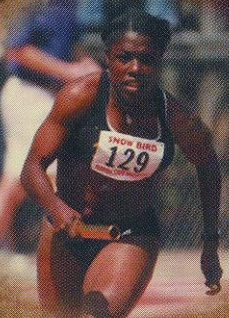
Florida State

2001 schedule

2000 All-Americans



Samantha George
400m dash (Indoor)



Tonya Carfer
60m dash (Indoor), 100m dash (Outdoor)



Makiba Barten
discus

indoor:

date	meet/site
December 8, 2000	Clemson Open, Clemson, S.C.
January 13	Florida Intercollegiates, Gainesville, Fla.
January 19	Virginia Tech Invite, Blacksburg, Va.
February 2	Gator Invitational, Gainesville, Fla.
February 16-17	ACC Indoor Championships, Blacksburg, Va.
February 28	Gator Last Chance Meet, Gainesville, Fla.
March 2-3	Iowa State Last Chance Meet, Ames, Iowa
March 2-3	USATF Indoor Championships, Atlanta, Ga.
March 8-10	NCAA Indoor Championships, University of Arkansas (Fayetteville, Ark.)

outdoor:

date	meet/site
March 3	FSU Season Opener, Tallahassee, Fla.
March 10	FAMU Relays, Tallahassee, Fla.
March 16-17	Snowbird Invitational, Tallahassee, Fla.
March 21-24	FSU Relays, Tallahassee, Fla.
March 29-31	Florida Relays, Gainesville, Fla.
March 30-31	Raleigh Relays, Raleigh, N.C.
April 7	FSU, Clemson, Alabama, South Carolina, Clemson, S.C.
April 14	FSU Quad Meet, Tallahassee, Fla.
April 20-21	ACC Outdoor Championships, Orlando, Fla.
April 26-28	Penn Relays, Philadelphia, Penn.
May 5	Georgia Bulldog Classic, Athens, Ga.
May 6	Jesse Owens Invite (Select Athletes), Columbus, Ohio
May 13	Seminole Twilight, Tallahassee, Fla.
May 18-19	Georgia Tech/Reebok Invitational, Atlanta, Ga.
May 30-June 2	NCAA Outdoor Championships, University of Oregon (Eugene, Ore.)