

ACC Track & Field 50th Anniversary Team



Joe Allen
(2000-01)

Jeff Bray
(1990-93)



Jonathan Carter
(1993-96)

Tonya Carter
(1997-00)



Sheryl Covington
(1991-94)

Sophia Danvers
(1994-97)



Samantha George
(1997-00)

Laura Gerber
(1999-01)



Trinette Johnson
(1990-93)

Phillip Riley
(1993-96)




Erica Shepard
(1994-97)

- **JOE ALLEN (2000-2001)** was the outdoor ACC champion in the long jump during 2000 and 2001, as well as the 2001 ACC outdoor triple jump champion. Allen was named the ACC Outdoor Meet Most Outstanding Performer following first place finishes in the long and triple jump and earned NCAA provisional qualifying mark (long jump) at FSU Relays. Allen was also named the ACC outdoor event MVP during his senior season. He earned All-ACC honors in 2000 and 2001.
- **JEFF BRAY (1990-1993)** was the only other Seminole to be named to the indoor team. His accomplishments include the 1992 and 1993 ACC championship in pole vault. Bray was named to the All-ACC team in 1992 and 1993 and was selected as an All-American in the pole vault in 1993.
- **JONATHAN CARTER (1993-1996)** was a six time All-American. He was an All-American in the 100m dash in 1995 and 1996. He also received 200m All-America honors in 1996. Carter was a three-time All-American in 1993, 1994 and 1996 as a member of the 4 X 100m relay team. Furthermore, he was the 100m dash outdoor champion in 1994 along with being named to the All-ACC team the same year.
- **TONYA CARTER (1997-2000)** was the 2000 indoor NCAA National Champion in the 60m-dash. She was a two-time All-American in the 60m-dash in 1999 and 2000. In addition, she was awarded All-America honors in 2000 in the outdoor 100m-dash. That win, along with winning the 200m dash, led FSU to its first ACC title. She holds the ACC meet record in the 100m dash with a time of 11.31.
- **SHERYL COVINGTON (1991-1994)** earned All-America honors in 1993 for the indoor 55m- and 200m-dashes. She was a 1993 ACC Champion in the 55m, which she repeated in 1994. That same year she was also awarded ACC Champion honors in the 200m dash.
- **SOPHIA DANVERS (1994-1997)** was a three-time All-American in the 4x400m and received All-America honors once in the 4x100m. She was the 1997 ACC Champion in the 400m-dash and two-time ACC Champion in 1996 and 1997 in the 4x400m. Furthermore, she was a four-time All-America honoree and four-time All-ACC honoree.
- **SAMANTHA GEORGE (1997-2000)** was a 2000 indoor All-American in the 400m-dash and a two-time ACC Champion in 1999 and 2000 in the outdoor 400m. She earned an All-America title for her sixth-place finish in the outdoor 400m-dash in 1999. She represented Canada at the 2000 Atlanta Olympics in the 400m-hurdles and dash. She was a 1999 and 2000 All-ACC honoree.
- **LAURA GERBER (1999-2001)** was the 1999 ACC Champion for the indoor 800m run. She was named a 2001 All-American in that same event. A two time All-ACC member in 1999 and 2001, she was also a member of the NCAA runner-up 4x400m relay team.
- **TRINETTE JOHNSON (1990-1993)** was a three-time All-American in outdoor track and field, earning these honors in the long jump in 1992 and 1993 and in the 4x400-relay in 1992. She was named ACC Champion in the long jump twice in 1992 and 1993, as well as holding the ACC Meet record in the long jump with a distance of 21-0.5.
- **ERICA SHEPARD (1994-1997)** named All-American in indoor 800m run in 1996. Twice earned All-America honors in 1996 and 1997 in the 4x400m. She was the ACC Champion in the 800m two years straight beginning in 1996.
- **PHILLIP RILEY (1993-1996)** was the 1995 NCAA indoor national hurdles champion. He was an All-American in the outdoor hurdles and 4X100m relay team during the 1996 campaign. Riley was also the outdoor ACC champion in the 110m hurdles in 1994 and 1996. He earned All-ACC honors in 1994 and 1996 and was named to the 1994 and 1995 All-American team in the 55m-hurdles. In addition, he was named to the 1994 All-ACC team.



Phillip Riley



Trinette Johnson
Long Jump



Jayson Jones
200m Dash



Jeff Bray
Pole Vault



Joe Allen (left)

- 2000 ACC Indoor Champ – Long Jump
- 2000 ACC Indoor Champ – Triple Jump
- 2001 Indoor All-America – Long Jump
- 2000 & 2001 Outdoor ACC Champ – Long Jump
- 2001 ACC Outdoor Champ – Triple Jump
- 2001 ACC Outdoor Meet Most Outstanding Performer



Walter McCoy

- 1984 Olympic Gold
- Medallist – 4x400 (U.S.A.)
- 1978 NCAA Outdoor
- National Champ – 600m
- FSU Record Holder – 400m



Samantha George

- 4 x 400m Relay
- 2 x All-American (400m)
- 7 x National Qualifier
- 5 x ACC Champion



Esmerelda Garcia

- 1984 Olympian – 100m & Long Jump (Brazil)
- FSU Record Holder – Triple Jump



Danny Smith
Hurdles



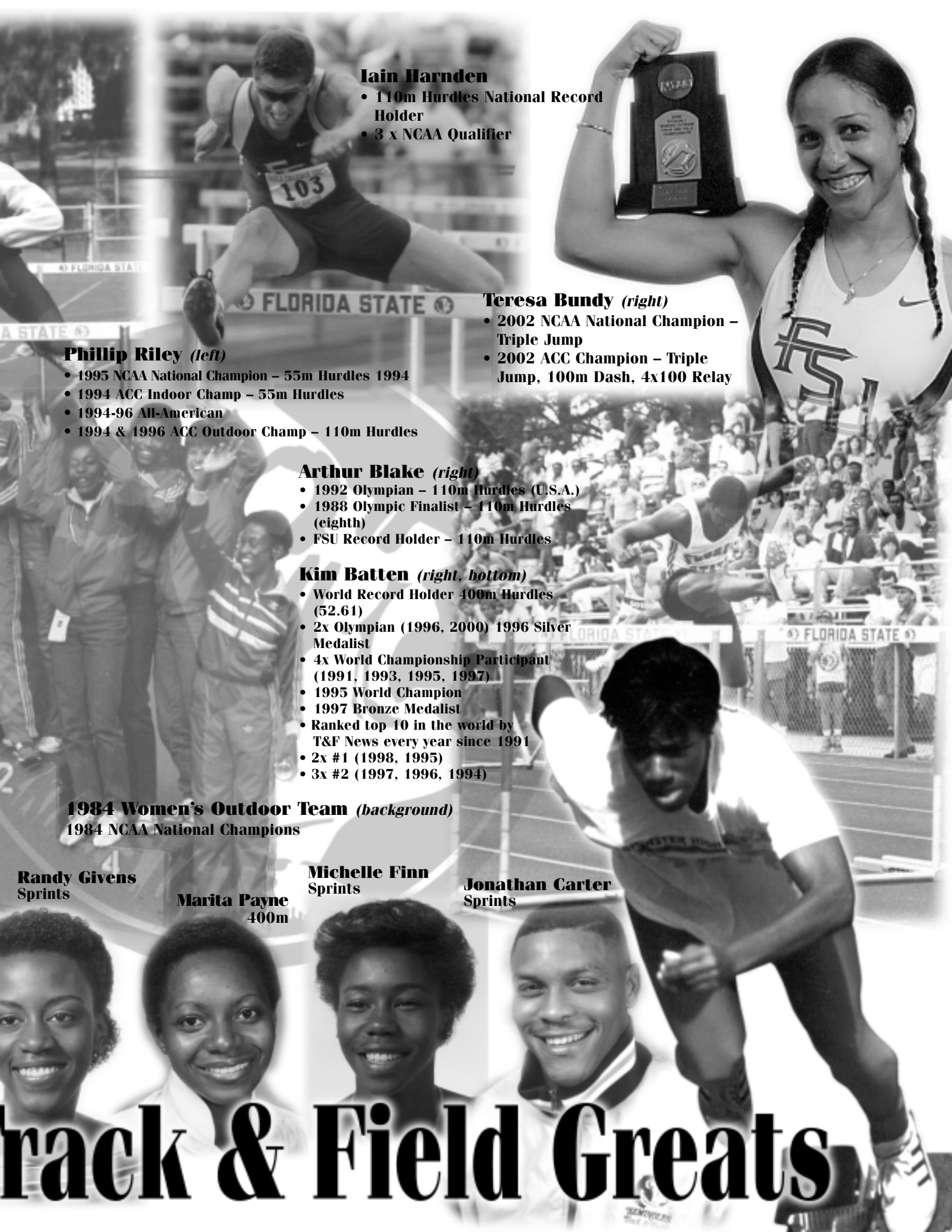
Sheryl Covington
Sprints



Kevin Crist
High Jump



Florida State Past T



Iain Harnden

- 110m Hurdles National Record Holder
- 3 x NCAA Qualifier

Teresa Bundy (right)

- 2002 NCAA National Champion – Triple Jump
- 2002 ACC Champion – Triple Jump, 100m Dash, 4x100 Relay

Phillip Riley (left)

- 1995 NCAA National Champion – 55m Hurdles 1994
- 1994 ACC Indoor Champ – 55m Hurdles
- 1994-96 All-American
- 1994 & 1996 ACC Outdoor Champ – 110m Hurdles

Arthur Blake (right)

- 1992 Olympian – 110m Hurdles (U.S.A.)
- 1988 Olympic Finalist – 110m Hurdles (eighth)
- FSU Record Holder – 110m Hurdles

Kim Batten (right, bottom)

- World Record Holder 400m Hurdles (52.61)
- 2x Olympian (1996, 2000) 1996 Silver Medalist
- 4x 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
- 2x #1 (1998, 1995)
- 3x #2 (1997, 1996, 1994)

1984 Women's Outdoor Team (background)

1984 NCAA National Champions

Randy Givens
Sprints

Marita Payne
400m

Michelle Finn
Sprints

Jonathan Carter
Sprints

Track & Field Greats

Florida State Track Head Coach

1985-P

ACC CHAMPIONSHIPS

(Florida State joined the ACC in 1991)

- 1995 Men's Indoor Championship
- 2000 Women's Outdoor Championship
- 2002 Men's Outdoor Championship

Seminole ACC Finishes

MEN

Outdoor Results

YEAR	FINISH
1992	3rd
1993	4th
1994	2nd
1995	4th
1996	4th
1997	4th
1998	4th
1999	5th
2000	2nd
2001	2nd
2002	1st

Indoor Results

1992	4th
1993	3rd
1994	1st
1995	6th
1996	4th
1997	6th
1998	4th
1999	4th
2000	4th
2001	3rd
2002	2nd

WOMEN

Outdoor Results

YEAR	FINISH
1992	4th
1993	4th
1994	3rd
1995	4th
1996	2nd
1997	2nd
1998	3rd
1999	2nd
2000	1st
2001	3rd
2002	2nd

Indoor Results

1992	5th
1993	3rd
1994	4th
1995	6th
1996	3rd
1997	2nd
1998	4th
1999	4th
2000	2nd
2001	6th
2002	1-5th



- 1994 ACC Co
- 2000 ACC Women's
- 2001 Inducted Into the Nation
- 2002 ACC Men's
- 56 All-Americans

NATIONAL UNDER CO

- 1987 400 Women's (Janet Levy, Andrea Thompson)
- 1995 Phillip Riley, 55m
- 2000 Tonya Carter, C
- 2002 Teresa Bundy, Triple

METRO CONFERENCE UNDER CO

- 1989, '90 & '91 M Metro Confere
- Kim Batten 1989, '90 & '91



MIKE LONG TRACK TIMELINE

'57

Prior to 1957, the Florida State track facility was on the old west campus, near where Tallahassee Community College is today.
1957-First track built on the campus of FSU. Served as a joint facility with Florida High School's football and track programs. The track surface consisted of a mix of clay and fine grain crushed granite slag.
Preparation procedure

1974-First synthetic surface is installed. Six lane track except for 8 lanes on the home straightaway. The construction was considered a \$100,000 investment. Admired and appreciated throughout the southeast for optimal comfort and

absorbency.
1979-Officially named Mike Long Track, who retired at the end of the 1977 season. The Florida State Athletic Director at the time, John Bridges was tired of calling it "The Track."
Florida State joins the Metro Conference and the first track meet was held at Memphis State. Thereafter, from 1978-1986 the conference meet was

'74

held at FSU.
From 1987-1991 the meet alternated between Florida State and South Carolina.
Early 1980s- Domino's Pizza Relays held at FSU. It was the first outdoor meet of the year due to the great weather in Tallahassee. This meet gave Florida State great exposure in the southeast due to the number of teams attending the

'79

Track & Field Under Terry Long

Present

Coach of the Year
National Coach of the Year
National Track & Field Hall of Fame
Coach of the Year
Under Coach Long

CHAMPIONS COACH LONG

Outdoor Relay Team
on, Janet Davis, Michelle Finn)
Hurdles Indoor Champion
60m Indoor Champion
e Jump Outdoor Champion

ACE CHAMPIONSHIPS COACH LONG

Men's and Women's
ence Champions
Outstanding Athlete of the Year

Tonya Carter

MIKE LONG TRACK RECORDS

MEN	EVENT	WOMEN
1988 Andre Cason 10.11	100m	1984 Randy Givens 11.27
1988 Reggie McCray 20.42	200m	1986 Pauline Davis 23.08
1999 Ken Harnden 45.32	400m	2001 Samantha George 52.04
1994 Mark Everett 1:46.24	800m	1996 Joetta Clark 2:01.10
1986 Ocky Clark 3:43.02	1500m	1988 Evelyn Adiru 4:16.42
1982 Barry Brown 13:45.20	5000m	2001 Breeda Dennehy-Willis 15:54
1983 Jim Sapiezka 29:06.56	10,000m	1987 Kerrie Yenchak 34:27.8
1986 Brian Abshire 8:26.46	3000m STEEPLE	2001 Brooke Bastien 10:50.77
1987 Arthur Blake 13.27	110H/100H	1988 Kim McKenzie 12.92
1992 Derrick Adkins 48.64	400M HURDLES	1996 Kim Batten 54.41
1992 Jeff Bray 18' 6 1/2" (5.65m)	POLE VAULT	2001 Megan Robbins 12' 8 1/4" (3.87m)
1997 Cameron Wright 7' 6" (2.29m)	HIGH JUMP	1992 Tisha Waller 6' 2 3/4" (1.90m)
1982 Larry Myricks 27' 6 3/4" (8.40m)	LONG JUMP	1986 Esmeralda Garcia 21' 6 3/4" (6.57m)
2000 Johnathon Edwards 56' 5 1/4" (17.20m)	TRIPLE JUMP	2000 Karine Black 44' 2 3/4" (13.48m)
1988 Chris Volgenau 65'9" (20.04m)	SHOT PUT	1999 Dawn Dumble 57' 7 3/4" (17.57m)
1986 Bradley Cooper 211' 4" (64.41m)	DISCUS	1986 Kathy Landry 189' 3" (57.68m)
1987 Jim Driscoll 223' 11" (68.26m)	HAMMER	2000 Lakeisha Mose 179' 4" (54.66m)
1994 Sigg Einarson 255' 9 1/4" (77.96m)	JAVELIN	1994 Cindy Herceg 182' 11 1/4" (55.76m)
1987 Gary Armstrong 8203 Points	DEC/HEP	1995 Rebecca Grube 5457 Points
1984 Bud Light Track Club 39.15	4x100m	1984 Florida State University 43.9
James Butler, Marty Krulce,	RELAY	Michelle Finn, Marita Payne,
Calvin Smith, Mel Lattany		Brenda Clette, Randy Givens
1985 Georgia Tech 3:03.34	4x400m	1996 Florida State University 3:32.7
Mike Krehnbrink, Tom Hind,	RELAY	Yashiva Edwards, Maria Embon,
Carlyle Bernard, Mike Armour		Erica Shepard, Sophia Danvers



'81 | '84 | '88 | '91 '92 | '94 | | '02 |

event. Numerous Olympic and international stars competed in this event.
1984-New Rekortan surface is installed, which was the same surface used in the Olympic track facilities in Munich, Moscow and Los Angeles. The work crew came directly from LA to install the track surface in Tallahassee. New bleachers were also put in place.

1988-Mike Long Track hosts the USA Track and Field National Junior Championship.
1991- Host of 1991 AAU National Championship.
1992-Host of ACC outdoor track and field championships.
1994-Host of USA Track and Field National Junior Championship.
2002-After 19 seasons with the same base of asphalt, large cracks and

other structural damage had occurred. The new state of the art facility would include major revisions. The track turns were widened and equal quadrants were in place. This would ensure better training and competition.
Three major phases make up the new construction:
1. Track and infield completely redone. Removal of east lights,

seating, fencing and sidewalks.
2. Renovate lights and seating on the west side of the facility. In addition, new concessions and restrooms will be installed.
3. New office complex, locker rooms and strength and conditioning area to be constructed.