From the Tallahassee Democrat May 13, 1978 Page 23

'Noles score track victories

By BOB BLANKENSHIP Democrat sports writer

Refusing to cave in, Florida State's Mike Sauter kicked from behind twice in the final 600 meters Friday night and reaped a little revenge in winning the 3000-meter steeplechase in record time in the Metro Conference track championship.

It was the only really competitive event on the abbrevated openingnight schedule of the championship.

Earlier, Donnie Cook of the Seminoles won the 10,000 meter run by more than a minute in record time and Georgia Tech's Larry Lowe won the triple jump by more than three feet in failing to beat his own record.

Those opening three events left the

Seminoles and Tech in a first-place tie with 28 points each heading into tonight's 16-event final at Seminole Track. Field events open at 7:15 p.m., and running events start at 8 p.m.

Sauter, clocking 9:03.70 for his record, beat Cincinnati's Bernie Webber, who had set the record at 9:13.06 in beating out Sauter by more than seven seconds a year ago.

Webber, the league cross-country champion, smashed his own record in clocking 9:04.00 in the rematch, but was unable to hold off the challenge of Sauter after taking the lead at the beginning of each of the last two laps of the seven-and-half lap race.

Sauter won it by about 10 meters, leading by about that much for the final 300 meters after recapturing the lead for the second time.

It was nearly that tough for Cook, running the 10,000 for the first time since finishing second in the league last season. Only St. Louis' George Griggs was in the same lap with him at the finish, more than a minute behind.

Cook, favored to win his second event in the 5,000 meters tonight, ran it in 30 minutes, 14.4 seconds to better the time of 31.33.69 set by Paul Bannon of Memphis State last season.

Griggs clocked 31:17.0 for his second place as St. Louis picked up all 18 of its points in the event to stand third. Memphis State is in fourth place with 10 points and Cincinnati fifth with nine. Tulane and Louisville failed to score on opening night.

Tech, which figures to challenge the defending champion Seminoles right down the line, picked up 22 of their 28 points in the triple jump where they placed first, second and fourth.

Lowe, however, came up threequarters of an inch in equalling his league record with a winning leap of 52-feet, 2¾-inches. Paul Daniels finished second and Dexter Rowland fourth for Tech.

Kevin Johnson got two points for the Seminoles by finishing fifth with a jump of 45-11%.

In the unscored hammer throw, Seminoles' Vinnie Bilotto and Brad Cooper, the only two entries, placed one-two with throws of 115 feet, 7 inches and 107-11, respectively, in the exhibition.

Meanwhile, the Seminoles qualified with ease all their sprinters for tonight's finals.

TRACK MEETS

Metre track
Friday Championships
TRIPLE JUMP — 1. Larry Lowe, Georgia
Tech, 52-2 ¼; 2. Paul Daniels, Georgia
Tech, 49-2; 3. Kevin Fairfax, Memphis
Stafe, 48-4 ¾; 4. Dexter Rewland, Georgia

Tech. 46-2; S. Kevin Johnson, Florida State, 45-11 4a; 6. Phil Green, Cincinnati, 42-4 3a. 10,000 METERS — 1. Donnie Cook, Florida State, 30:14.4 (new conference record, breaking old mark of 33:23.69 by Paul Bannon, Memphis State, 1977); 2. George Griggs, 5t. Louis, 31:17.0; 3. John O'Donnell, 5t. Louis, 32:04.4; 4. Brent Beck, Georgia Tech, 32:15.8; 5. Torn Stutz, 5t. Louis, 32:47.2. 3,000 METER STEEPLECHASE — 1. Mike Sauter, Florida State, 9:03.70 (new conference record, breaking old mark of 9:13.06 by Bernie Weber, Cincinnati, 1977); 2. Bernie Weber, Cincinnati, 1977); 2. Bernie Weber, Cincinnati, 9:04.67; 1. Tim McClain, Florida State, 9:21.0; 4. Ed Slattery, St. Louis, no time.

Team Scoring
Florida State — 28; Georgia Tech — 28; St.
Leuis — 18; Memphis State — 10; Cincinnati
— 9; Leuisville — 0; Tulane — 0.

Preliminary Qualifiers 400 METERS; HEAT I

Watter McCoy, Florida State, 48.06; Bobby Joe Mason, Memphis State, 47.3; Jim Schaut, Cincinnati, 48.5; Mike Mulley, Cincinnati, 49.5

Steve Davis, Cincinnati, 47.7; Tony Delevoe, Ga. Tech. 47.9; HenryHolland, Memphis State, 48.6; Brian Sharp, Memphis State, 50.1 100 METERS

Mike Roberson, Florida State, 11.03; Arthur Battle, Memphis State, 11.24; Paul Michele, Georgia Tech. 11.38; James Chestnut, Cincinnati --; Kevin Johnson, Florida State, 10.5; Jessie Forbes, Florida State, 10.5; James Branch, Memphis State, 10.9; Bill Simmons, Georgia Tech. 11.1.

200 METERS - HEAT I

Mike Roberson, Florida State, 21.46; Arthur Battle, Memphis State, 22.05; Steve Davis,

Cincinnati, 22.5; Bill Simmons, Georgia Tech.

Walter McCoy, Florida State, 21.8; Kevin Johnson, Florida State, 21.9; Paul Nichols, Georgia Tech. 21.9; James Branch, Memphis State, 22.0

From the Tallahassee Democrat May 14, 1978 Page 51

McCoy keys track romp

By BOB BLANKENSHIP

Freshman sensation Walt McCoy, voted the most out-standing athlete of the meet, fired Florida State to its expected easy victory in the third annual Metro Conference track and field championships at Seminole Field Saturday

McCoy, smashing records every time he stepped on the track, personally scored 25 of the Seminoles' 231 points while winning the 200- and 400-meter dashes, leading off the winning 400-meter relay and anchoring, in sensational fashion, the winning mile relay.

"I just wanted to run," he said.

Run he did, and fast, in joining distance ace Donnie Cook and hurdler John Citron as double winners for the

McCoy, already the NCAA national champion at 600 meters indoors, smashed the conference and track 400meter record with a 45.56 — a personal best — despite no challenge whatsoever; and stepped off the 200 in 21.18 in an event he was running for the first time this season.

"He was just great, wasn't he," said a delighted firstyear head coach Dick Roberts, who watched his team win with ease despite the fact he had to scratch three ace sprinters because of illness and slight injury.

Georgia Tech, scoring 1421/2 points, fininshed a distant second, 881/2 points behind the Seminoles, who were presented the championship trophy with three events to go.

Memphis State came in third with 111, followed by Cincinnati with 53, St. Louis with 22, Louisville with 18 and Tulane with 81/2

The Seminoles did it, scoring just five points less than they did in last season's lopsided victory, with just partial help from Mike Roberson, who won the 100 in 10.35; from Jesse Forbes, who ran second in 10.48; and from Kevin Johnson, who won the long jump with a leap of 23 feet, 11

"Mike has a tenderness in the back of his knee," Roberts said, "and I just didn't want to run him any more.

Meanwhile, Johnson, who fell ill at the Florida meet last week, is scheduled to re-enter the hospital today for observation again after tenderness showed up after running with Roberson on the 400 relay and winning the long jump with a leap of 23-11.

Forbes had been hobbled with a hamstring, and didn't

feel he want to chance it in the 200.

They were scarcely missed as the Seminoles won 15 events, three more than they were favored to win, while scoring in every event and accounting for 11 of the 12 new conference records.

Cook, like McCoy, got two of the records, adding the 5,000 in 14:15.4 to his record 30:14.4 in the 10,000 Friday night. Both were accomplished without challenge.

Citron, who ran a leg on the mile relay and scored 221/2 points, shattered his own 400-meter hurdles record with a 50.86 clocking after winning the 110-meter hurdles in 14.28.

The Seminoles got other conference record victories from Cliff Cook, who fought off a hot challenge from Memphis State's Karl Winfield to win the 1,500 in 3:47.2; from Brad Cooper with a record toss of 187-11 in the discus; from Manny Wetherbee with a 15-7 pole vault; from Mike Sautter with a 9:03.70 in the 3,000-meter steeplechase; and from the mile relay in 3:11.7.

Georgia Tech's Carolas Tandron got the only other meet record with a toss of 58-21/2 in the shot, in which FSU's Ken Lanier finished second with a toss of 56-61/2, which was also better than the league record.

Lanier's was the lone upset loss for the Seminoles, who got mild surprise victories from Eric Allain in the javelin with a toss 225-2; from Citron in the 110 hurdles, Cook in the 10,000 and Wetherbee in the pole vault

But, there was no surprise from McCoy, who made up about 15 meters in anchoring the mile relay in the most stirring events of the day.

I was just thinking how I wanted to help the guys who ran in front of me," he said afterwards. "I just wanted to win it for them."

His last-event performance, however, had nothing to do with his being selected as the most valuable athlete of the meet. He had already earned that, and the announcement of the award was just being held until the meet was over.

"I'm really thrilled about it," he said. "It shows I'm progressing, and that's because I've got good coaching . They treat you like you're a winner.

That, obviously, is not difficult for the coaching staff. "The kids were just unbelievable," said Coach Roberts in spreading the praise around afterwards. "They think they've got a class act and tonight they came out here and proved it.

"I think this is one of our great teams," he added. "I know we've had some outstanding teams in the past, but like Coach (Mike) Long said last year, 'the Metro gives us a place to showcase".

Roberts said he had one other thought he wanted to get off his chest.

"I'm mostly impressed with the support of our people," he said. "I look around at this packed house and feel I'm a lucky guy to be coaching at FSU.

TRACK MEETS

Metro championships

400 METER RELAY — 1. Florida State (Watter McCoy, Jessie Forbes, Kevin Johnson and Mike Roberson), 40.37 (new conference record, breaking old mark of 40.42 set by Florida State, 1977); 2. Memohis State, 41.38: 3. Georgia Tech, 41.75; 4. Cincinnati, 42.40; 5. Louisville, 44.4.

SHOT PUT — 1. Carlos Tandron, Georgia Tech. 58-2½ (new conference record, breaking old mark of Ray Nuredini, Florida State, 54-4 %, 1977); 2. Ken Lanier, Florida State, 56-6½; 2. Brad Cooper, Florida State, 54-0; 4. Raiph Woodring, Louisville, 51-7; 5. Vinnie Billetto, Florida State, 50-7; 6. Ron Wynhovson, Memphis State, 50-0.

Wynhovson, Memphis State, 50-0. 1,500 METER RUN — 1. Cliff Cook, Florida State, 3:47.2 (new conference

record, breaking sid mark of Cliff Cook, 252.80, 1977); 2. Karl Winfield, Memphis State, 247.5; 2. Tem Herran, Florida State, 2:50.15; 4. Guy Dwelly, Memphis State, 3:50.20; 5. Mike Shields, Cincinnati, 2:50.6; 6. Chris Gilbert, Cincinnati, 2:51.7

110 METER HIGH HURDLES — 1. John Citron, Florida State, 14.29; 2. Mike Anderson, Georgia Tech, 14.29; 3. James Triblett, Louisville, 14.59; 4. Mike Bolin, Memphis State, 14.54; 5. Lee Hodges, Florida State, 15.49; 6 Bruce Sheridan, Georgia Tech, 15.48;

LONG JUMP — 1. Kevin Johnson, Florida State, 23-11; 2. Tony Delevue, Georgia Tech, 23-5; 3. John Schnur, Cincinnati, 22-10 is; 4. James Triplett, Louisville, 22-7; 5. Larry Lowe, Georgia Tech, 22-6 is; 6. Willie Taylor, Florida State, 22-6.

290 METER DASH — 1. Walter McCov, Florida State, 21.18 (new conference record, breaking old mark of 21.35 set by Jesse Forbes, Florida State, 1977); 2. Arthur Baltic, Memphis State, 21.89; 3. Paul Nichols, Georgia Tech, 21.73; 4. James Branch, Memphis State, 22.23; 5. Bill Simmons, Georgia Tech, 72.5.

5,000 METER RUN — 1. Denny Cook, Florida State, 14:15.4 (new conference record, breaking old mark of 14:34.93 set by Paul Bannon, Memphis State, 1977);2. Bernie Weber, Cincinnali, 14:42.0.1 Mike Saul-

ter, Florida State, 14:45.8: 4. George Griggs, St. Louis, 14:49.8; 5. Alan Thomas, Georgia Tech, 15:94.6; 6. Brent Beck, Georgia Tech, 15:95.6.

HIGH JUMP — 1. Larry Jenkins, Memphis State, 6-11 (fies conference record held by Dexter Rowland, Georgia Tech. 1977); 2. Dexter Rowland, Georgia Tech. 6-11; 2. Rohn Stark, Florida State, 6-7; 4. Steve Curry, Cincinnali, 6-7; 5. Pat Palma, Georgia Tech. 6-5; 6. Larry Lowe, Georgia Tech, and Jeff Carnes, Tulane, 6-5.

MILE RELAY — 1. Florida State (John Citron, Glenn Kettenacker, Earl Caruffners and Walter McCoy), 2:1.7 (new conference record, breaking old mark of 2:13.71 by FSU, 1977); 2. Memphis State. 3:12.2; 3. Georgia Tecn, 3:12.5; 4. Cincinnati, 3:12.9; 5. Louisville, 3:22.3.

DISCUS — 1. Brad Cooper, Florida State, 187-11 (new conference record, breaking old mark of 177-41/2 by Lamar McClain, Georgia Tech, 1977); 2. Lamar McLain, Georgia Tech, 186-7; 3. Rob Horton, Georgia Tech, 168-5; 5. Ron Wynhoven, Memphis State, 159-10; 6. Steve Boecier, Georgia Tech, 158-8.

TEAM SCORING

Flarida State 231, Geoergia Tech 14212, Memphis State, 111, Cincinnati 53, St. Louis 22, Louisville 18, Tutane 812. From the Tallahassee Democrat May 15, 1978 Page 16

McCoy named top athlete

Florida State sprinter Walt McCoy was named the outstanding athlete Sunday for the third annual Metro Conference Spring Championships after setting four conference records Saturday and leading the Seminoles to their second straight lopsided track championship.

McCoy set individual records in the 200-meter dash (21.18) and 400-meter dash (45.56) and ran legs on the record setting 400-meter relay

(40.37) and the mile relay (3:11.7).

He saved his most crowd-pleasing performance to last for the nearly 2,000 fans when he ran down three other anchor men in the mile relay, making up about 15 meters and winning by about the same in running his 400-meter lap in 45.8 seconds.

"All I had on my mind when I got the stick," McCoy said afterwards, "was to go until I catch them."

It took him only slightly more than

100 meters to snatch the lead, another 100 to open his own lead to about 15 meters and then to just simple cruse to the finish. He even had time to glance back at the rest the field down the stretch.

He won unchallenged in his two individual event record dashes, particularly the 400 in which he not only, broke the league record, but also the track record in running his best time ever in the event.

McCoy, who will be back in action at Seminole Track Saturday in the Athletic Attic Classic, becomes the third Seminole athlete in two years to be named the outstanding athlete in the Metro spring games. Baseball catcher Terry Kennedy and golfer Kenny Knox shared the award last year, the Seminoles' first in league spring competition.

TRACK MEETS

Metro Conference

Complete results of Saturday night's Metro Conference track and field championships:

400 METER RUN — 1. Walt McCov, Florida State, 45.56 (new conference record, breaking old record of John Walker, Florida Slute, 46.72, 1977); 2. Jim Schnar, Cincinnati, 47.1; 3. Bobby Joe Mirson, Memphis State, 47.6; 4. Henry Holland, Memphis State, 47.8; 5. Tony Belever, Georgia Tech, 48.3; 6. Mike Murray, Cincinnati, 48.4.

100 METER DASH — 1. Mike Roberson, Florida State, 10.35; 2. Jesse Forbes, Florida State, 10.48; 3. James Branch, Memphis State, 10.93; 4. Arthur Battle, Memphis State, 10.94; 5. Paul Nichols, Georgia Tech, 11.09; 6. James Chestnut, Cincinnati, 11.10.

400 METER INTERMEDIATE HUR-DLES — 1. John Citron, Florida State, 50.86 (new conference record, breaking old mark of John Citron, Florida State 52.99, 1977); 2. Mike Anderson, Georgia Tech. \$2.66; 3. Leo Hodges, Florida State, 53.4; 4. Bob Sanford, Memphis State, 53.4; 5. Mike Bolin, Memphis State, 54.5; 6. Mike Wacherr, Cincinnati, 54.8. JAVELIN — 1. Eric Allrin, Florida State, 225-2; 2. Terrance Deffin, Tulane, 287-6; 3. Steve Housley, Georgiech, 285-7; 4. Chris Williamson, Cincinnati, 187-10; 5. Jim Peterson, Florida State, 187-8; 6. Brad Geddes, Georgia Tech. 187-0.

800 METER RUN — 1. Greg Wade, Georgia Tech, 1:49.24; 2. Earl Caruthers, Florida State, 1:49.28; 3. Nick Broaks, Memphis State, 1:49.76; 4. Dan Newman, Memphis State, 1:49.94; 5. Ronald Hughes, Georiga Tech, 1:50.1; 6. Gregg Lewis, Georgia Tech, 1:50.3.

POLE VAULT — 1. Manny Wetherbea, Florida State, 15-7 (new conference record, breaking old mark of 15-0 by Phares Rolle, Florida State, 1977); 2. Brian Friend, Mephis State, 15-7; 3. Craig Lindell, Florida State, 15-1; 4. Hilmar Skagfield, Florida State, 14-6; 5. Don Balley, Florida State, 14-8; 6. Bob Lambert, Georgia Tech, 14-8.

400 METER RELAY — 1. Florida State (Walt McCoy, Jessie Forbes, Kevin Johnson and Mike Roberson), 40.37 (new conference record, breaking old mark of 40.62 set by Florida State, 1977); 2. Memphis State, 41.38;

Georgia Tech, 41.75; 4. Cincinnati, 42.40; 5.
 Louisville, 44.4.

SHOT PUT — 1. Carlos Tandron, Georgia Tech, 58-2½ (new conference record, breaking old mark of Ray Nuredini, Florida State, 54-4 ¼, 1977); 2. Ken Lanier, Florida State, 56-6½; 2. Brad Cooper, Florida State, 54-0; 4. Ralph Woodring, Louisville, 51-7; 5. Vinnie Billette, Florida State, 50-7; 6. Ron Wynhovson, Memphis State, 50-0.

1,500 METER RUN — 1. CIIII Cook, Florida State, 3:47.2 (new conference record, breaking old mark of Cliff Cook, 3:52.80, 1977); 2. Karl Winfield, Memphis State, 3:47.5; 3. Tom Herron, Florida State, 3:50.15; 4. Guy Dwelly, Memphis State, 3:50.20; 5. Mike Shields, Cincinnati, 3:50.6; 6. Chris Gilbert, Cincinnati, 3:51.7.

110 METER HIGH HURDLES — 1. John Citron, Florida State, 14.28; 2. Mike Anderson, Georgia Tech, 14.29; 3. James Triplett, Louisville, 14.59; 4. Mike Bolin, Memphis State, 14.64; 5. Lee Hodges, Florida State, 15.40; 6 Bruce Sheridan, Georgia Tech, 15.48. LONG JUMP — 1. Kevin Johnson, Florida State, 22-11; 2. Tony Delevue, Georgia Tech, 23-5; 3. John Schnur, Cincinnati, 22-10 ¼; 4. James Triplett, Louisville, 22-7; 5. Larry Lowe, Georgia Tech, 22-6 ¼; 6. Willie Taylor, Florida State, 22-6.

200 METER DASH — 1. Walt McCoy, Florida State, 21.18 (new conference record, breaking old mark of 21.35 set by Jesse Forbes, Florida State, 1977); 2. Arthur Battle, Memphis State, 21.89; 3. Paul Nichols, Georgia Tech, 21.73; 4. James Branch, Memphis State, 22.23; 5. Bill Simmons, Georgia Tech, 22.5.

5,000 METER RUN — 1. Denny Cook, Florida State, 14:15.4 (new conference record, breaking old mark of 14:34.93 set by Paul Bannon, Memphis State, 1977)/2. Bernie Weber, Cincinnati, 14:42.0; 3. Mike Sautter, Florida State, 14:45.8; 4. George Griggs, St. Louis, 14:49.8; 5. Alan Thomas, Georgia Tech, 15:04.6; 6. Brent Beck, Georgia Tech, 15:05.6.

HIGH JUMP — 1. Larry Jenkins, Memphis State, 6-11 (fles conference record held by Dexter Rowland, Georgia Tech, 1977); 2. Dexter Rowland, Georgia Tech, 6-11; 3. Rohn Stark, Florida State, 6-7); 4. Steve Curry, Cincinnall, 6-7; 5. Pat Palma, Georgia Tech, 6-5; 6. Larry Lowe, Georgia Tech, and Jeff Carnes, Tulane, 6-5.

MILE RELAY — 1. Florida State (John Citron, Glenn Kettenacker, Earl Caruthers and Walt McCoy), 2:11.7 (new conference record, breaking old mark of 2:13.71 by FSU, 1977); 2. Memphis State, 3:12.2; 3. Georgia Tech, 2:12.5; 4. Cincinnati, 3:12.9; 5. Louisville, 3:22.3.

DISCUS — 1. Brad Cooper, Florida State, 187-11 (new conference record, breaking old mark of 177-41/2 by Lamar McClain, Georgia Tech, 1977); 2. Lamar McClain, Georgia Tech, 186-7; 3. Rob Horton, Georgia Tech, 168-7; 4. Bill Astary, Georgia Tech, 168-5; 5. Ron Wynhoven, Memphis State, 159-10; 6. Steve Boecler, Georgia Tech, 158-8.

10,000 METERS — 1. Donnie Cook, Florida State, 30:14.4 (new conference record, breaking old mark of 33:32.67 by Paul Bannon, Memphis State, 1977); 2. George Griggs, St. Louis, 31:17.0; 3. John O'Donnell, St. Louis, 32:04.4; 4. Brent Beck, Georgia Tech. 32:15.8; 5. Tom Stutz, St. Louis, 32:47.2.

3,000 METER STEEPLECHASE — 1. Mike Sautter, Florida State, 9:03.70 (new conference record, breaking old mark of 9:13.06 by Bernie Weber, Cincinnati, 1977); 2. Bernie Weber, Cincinnati, 9:04.67; 2. Tim McClain, Florida State, 9:21.0; 4. Ed Slattery, St. Louis, no time.

TEAM SCORING

Florida State 231, Geoergia Tech 142½, Memphis State, 111, Cincinnati 53, St. Louis 22, Louisville 18, Tulane 8½.