

From the FSU File Room

From compiled match results

Metro Cross Country History

1976

(St. Louis, MO)

1.	Memphis State	43
2.	Georgia Tech	65
3.	Cincinnati	73
4.	Florida State	78
5.	St. Louis	79
6.	Louisville	173

INDIVIDUAL RESULTS

1. Mike Shields (UC), 25:15.0
2. George Griggs (SLU), 25:25.0
3. Bernie Weber (UC), 25:26.0
4. Jim Protsdorfer (GT), 25:27.0
5. Gary Gainer (MSU), 25:28.0
6. Karl Winfield (MSU), 25:29.0
7. Donnie Cook (FSU), 25:30.0
8. Ricky Kirk (MSU), 25:40.0
9. Steve Chaplin (GT), 25:46.0
10. Richard Parsons (MSU), 25:55.0

1976 METRO CONFERENCE RESULTS

1	MEMPHIS STATE	43
2	GEORGIA TECH	65
3	CINCINNATI	73
4	FLORIDA STATE	78
5	SAINT LOUIS	79
6	LOUISVILLE	173

7. Donnie Cook *
11. Ron Montgomery *
15. Tom Herron
21. Tommy Curtis
24. Perry Shaw