



FLORIDA STATE UNIVERSITY

SPORTS INFORMATION



FOR IMMEDIATE RELEASE

SEPTEMBER 5, 1998

FSU MEN'S CROSS COUNTRY TEAM OPENS WITH WIN

PENSACOLA, FL -- The FSU men's cross country team started the 1998 season with a victory at the four-team West Florida Invitational. The Seminole "B" team totaled 32 points to beat South Alabama (50), Alabama Huntsville (107) and West Florida (141).

"This was our best meet for the men since I arrived in the Fall of 1993," said head coach Scott Irving. "Our B team beat South Alabama, a team our men's A team lost to at home two years ago. It has taken time to finally build this kind of depth and change in recruiting philosophy."

Setting the pace for the men was Zach Heissner, who covered the four-mile course in 21:22.32 to place fourth. Brady Thomas (5th - 21:24.31), Charlie McCumber (6th - 21:35.47), Shawn Herron (8th - 21:54.77) and Ryan Atkins (21:56.93) completed the Florida State top five.

The women did not fare as well with a fourth place effort in a five-team field. Amanda Wilson (14th - 21:49.67), Nadi Vlaun (15th - 21:52.67), Holly Skinner (21:53.06), Jennifer Lands (17th - 21:53.38) and Amanda Hynes (29th - 22:47.67) made up the Lady Seminole top five.

Next up for the men's and women's cross country teams is the ACC Preview at Charlottesville, VA.

**1998 UWF Invitational
Men's Cross Country Meet
Saturday, Sept. 5**

Men's Course Length: 4-Mile

Team Standings

1.	Florida State	32
2.	South Alabama	50
3.	Alabama Huntsville	107
4.	West Florida	141

Individual Finishers

<i>Pl</i>	<i>Name (team)</i>	<i>Time</i>		
	Jody Spangler (O)	20:45.47	27..	Pat Richards (UWF)
2.	Chris Scmidt (USA)	20:52.32	28.	Michael Paddon (UAH)
3.	Steve Garst (O)	21:19.71	29.	Frank Lapina (UWF)
4.	Zach Heisner (FSU)	21:22.32	30.	Jason Albright (UWF)
5.	Brady Thomas (FSU)	21:24.31	31.	Jeff Schweikent (UWF)
6.	Charlie McCumber (FSU)	21:35.47	32.	Jonathan Garnder (UAH)
7.	Brian Murray (USA)	21:52.80	33.	Clint Martin (UWF)
8.	Shawn Herron (FSU)	21:54.77	34.	Randy Buran (UWF)
9.	Ryan Atkins (FSU)	21:56.93	35.	Todd English (O)
10.	Woody Dover (USA)	22:19.68	36.	Alex Greene (O)
11.	Gary Cook (O)	22:29.47		
12.	Paul Winegar (USA)	22:29.86		
13.	Freddie White (UAH)	22:35.90		
14.	Jason Smith (O)	22:43.67		
15.	Nick Noletto (UAH)	22:48.03		
16.	Paul Leone (FSU)	22:56.33		
19.	Michael Rauch (USA)	23:10.54		
20.	Ryan Albertson (O)	23:26.57		
21.	Jermiah Hunt (FSU)	23:33.91		
22.	Crist Fussell (O)	23:34.80		
23.	David Hambrick (O)	23:36.56		
24.	Courtney Peterson (UWF)	23:45.48		
25.	Martin Melville (UAH)	24:05.05		
26.	Michael Vincent (UAH)	24:07.46		