

*Track incomplete*  
*May 12, 1979*  
1979 METRO CONFERENCE CHAMPIONSHIPS  
TRACK AND FIELD

Decathlon-1. Rohn Stark (Florida St.), 7083 (Establishes a  
new Conference and school record breaking old mark of 6,829  
by Charlie Galloway FSU 1971). 2. Steve Sincere (Virginia  
Tech), 6425. 3. John Dyer (Virginia Tech), 6303. 4. Dennis  
Nobles (Florida St.), 6073. 5. Ron Wynhoven (Memphis St.),  
6035. 6. James Danridge (Louisville), 5621.  
Scoring: Cincinnati-0; Florida St.-16; Louisville-1; Memphis  
St.-2; St. Louis-0; Tulane-0; Virginia Tech-12.

*new  
record*

Shot Put-1. Ken Lanier (Florida St.), 57-11. 2. Ray Nuredini  
(Florida St.), 55-3. 3. Brad Cooper (Florida St.), 52-7.  
4. Ralph Woodring (Louisville), 51-6. 5. GA Bryant (Louisville)  
50-1. 6. Nathaniel Dorsey (Tulane), 48-0.  
Scoring: Cincinnati-0; Florida St.-24; Louisville-6; Memphis  
St.-0; St. Louis-0; Tulane-1; Virginia Tech-0.

*3 sweep*

Javelin-1. Eric Allain (Florida St.), 225-10. 2. Terry Daffin  
(Tulane), 222-0. 3. Hank Langee (Florida St.), 206-4.  
4. Chris Brevig (Virginia Tech), 184-3. 5. Chris Soro  
(Memphis St.), 183-3. 6. Ralph Wooring (Louisville), 164-7.  
Scoring: Cincinnati-0; Florida St.-16; Louisville-1;  
Memphis St.-2; St. Louis-0; Tulane-1; Virginia Tech-2.

400 M Relay-1. Florida State (Keith Davison, Palmer Simmons,  
Ron Nelson, Walter McCoy), 40.47. 2. Memphis St. 41.19.  
3. Cincinnati 41.29. 4. Louisville 41.90. 5. Virginia Tech  
42.2. 6. Tulane 47.5.  
Scoring: Cincinnati-6; Florida St.-10; Louisville-4. Memphis  
St.-8. St. Louis-0. Tulane-1. Virginia Tech-2.

1500 M-1. Geoff Cooper (Memphis St.), 3:43.87. (Establishes a  
new Conference record previously held by Cliff Cook 3:47.2  
Florida St. 1978). 2. Mike Burns (Virginia Tech), 3:45.68.  
3. Chris Gilbert (Cincinnati), 3:46.5. 4. Tom Herron (Florida  
St.), 3:48.60. 5. Tony Blackwell (Memphis St.), 3:48.80.  
6. Guy Dwelly (Memphis St.), 3:49.00.  
Scoring: Cincinnati-6; Florida St.-4. Louisville-0; Memphis  
St.-13; St. Louis-0; Tulane-0; Virginia Tech-8.

*Track's outstanding*

110 M-High Hurdles-1. Terron Wright (Memphis St.), 14.16.  
2. John Citron (Florida St.), 14.20. 3. Ken Lewis (Virginia  
Tech), 14.52. 4. Tommy LaPaille (Louisville), 15.05.  
5. Eddie Williams (Florida St.), 15.08. 6. Ed Friar (Virginia  
Tech), 15.12.  
Scoring: Cincinnati-0; Florida St.-10; Louisville-4; Memphis  
St.-10; St. Louis-0; Tulane-0; Virginia Tech-7.

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400 M-1. Walter McCoy (Florida St.), 46.31. 2. Jeff Walker (Cincinnati), 46.42. 3. Palmer Simmons (Florida St.), 46.51. 4. Henry Holland (Memphis St.), 47.8. 5. Steve Davis (Cincinnati), 47.8. 6. Bruce Merritt (Virginia Tech), 48.2.

100 M-1. Terron Wright (Memphis St.), 10.46. 2. Ron Nelson (Florida St.), 10.57. 3. Don Phillips (Memphis St.), 10.70. 4. Jim Chestnut (Cincinnati), 10.72. 5. Keith Davison (Florida St.), 10.86. 6. Larry Fallen (Virginia Tech), 10.95.

Long Jump-1. Joe Moss (Florida St.), 23-6½. 2. Phil Green (Cincinnati), 23-5. 3. James Triplett (Louisville), 22-11½. 4. Anthony Carter (Memphis St.), 22-4½. 5. Kelvin Fairfax (Memphis St.), 21-7½. 6. Drew Grant (Virginia Tech), 21-5 3/4.

800 M-1. Nick Brooks (Memphis St.), 1:48.53. (Establishes a new Conference record previously held by Phillip Rolle FSU 1:48.69 1977). 2. Ray Ackenbom (Virginia Tech), 1:49.06. 3. Robb Gomez (Florida St.), 1:49.06. 4. Chauncy Brinn (Tulane), 1:50.00. 5. Karl Kimbrough (Cincinnati), 1:50.30. 6. Bill Lowry (Louisville), 1:51.10. (Brooks, Ackenbom and Gomez all qualify for NCAA Outdoor)

400 M Hurdles-1. John Citron (Florida State), 50.48. (Establishes a new Conference record previously held by Citron 50.86 1978). 2. Eddie Williams (Florida St.), 52.36. 3. Leo Hodges (Florida St.), 52.8. 4. Tommy LaPaille (Louisville), 53.4. 5. Bob Sanford (Memphis St.), 53.4. 6. Brian Daley (Tulane), 55.8.

Discus-1. Brad Cooper (Florida St.), 198-2. (Establishes a new Conference record previously held by Cooper 187-11 1978). 2. Ken Lanier (Florida St.), 167-3. 3. Ron Wynhoven (Memphis St.), 162-2. 4. Ray Nuredini (Florida St.), 156-6. 5. Ralph Woodring (Louisville), 146-9. 6. Tom Bishop (Virginia Tech), 142-2.

200 M-1. Terron Wright (Memphis St.), 21.10. (Establishes a new Conference record previously held by Walter McCoy 21.18 FSU 1978). 2. Jeff Walker (Cincinnati), 21.27. 3. Don Phillips (Memphis St.), 21.90. 4. Jim Chestnut (Cincinnati), 22.09. 5. Vic Cass (St. Louis), 22.18. 6. Billy Hampton (St. Louis), 22.18.

5000 M-1. Herb Wills (Florida St.), 14:25.10. 2. Bernie Weber (Cincinnati), 14:25.28. 3. Tony Blackwell (Memphis St.), 14:25.29. 4. Doug Overfelt (Florida St.), 14:30.7. 5. Chris Gilbert (Cincinnati), 14:43.5. 6. Steve Anders (Memphis St.), 14:52.3.

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Mile Relay-1. Florida St. (John Citron, Earl Caruthers, Ron Nelson, Palmer Simmons), 3:10.40. (Establishes a new Conference record previously held by FSU 3:11.70 1978). 2. Cincinnati 3:14.01. 3. Memphis St. 3:14.44. 4. Tulane 3:19.3. 5. Virginia Tech 3:19.6. 6. St. Louis 3:22.3. 7. Louisville 3:26.0

Pole Vault-1. Bob Phillips (Virginia Tech), 16-0 $\frac{1}{4}$ . (Establishes a new Conference record previously held by Manny Weatherbee 15-7 FSU 1978). 2. Al Stanley (Florida St.), 15-6. 3. Craig Lindell (Florida St.), 14-6. 4. Mike Morris (Louisville), 14-0.

High Jump-1. Larry Jenkins (Memphis St.), 7-0. 2. Robert Haley (Florida State), 7-0. (Both Jenkins and Haley establish a new Conference record previously held by Dexter Rowland Georgia Tech and Jenkins 6-11 1977, 1978). 3. Larry Sayers (Florida St.), 6-10. 4. Brad Bosse (Florida St.), 6-10. 5. Hank Bradley (Virginia Tech), 6-8. 6. Duane Nelson (Virginia Tech), 6-4.

TEAM TOTALS

|               |     |                                                        |
|---------------|-----|--------------------------------------------------------|
| Florida State | 253 | (New Point Record, Previous High 236 Florida St. 1977) |
| Memphis state | 142 |                                                        |
| Virginia Tech | 90  |                                                        |
| Cincinnati    | 84  |                                                        |
| Louisville    | 49  |                                                        |
| Tulane        | 19  |                                                        |
| St. Louis     | 11  |                                                        |

*new  
PT  
High*

OUTSTANDING ATHLETE

Terron Wright (Memphis State)

111 PTS

*Captured 2<sup>nd</sup> place  
21*

1979 Metro Conference Spring  
Track and Field Championships

FINALS

Hammer-1. Paul Sulik (Va. Tech), 177-11. 2. Ron Wynnoven (MSU),

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156-9. 3. Chris Brevig (Va. Tech), 146-6. 4. Karl Yli-Renko  
(Cincinnati), 138-3. 5. Vinni Bilotto (FSU), 127-0. 6. Ralph  
Wooring (Louisville), 107-0.

Scoring: Cincinnati-4; FSU-2; Louisville-1; Memphis St. 8;  
Virginia Tech-16.

3000 M Steeplechase-1. Bernie Weber (Cincinnati), 8:55.1.

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2. Gene Crane (Virginia Tech), 8:59.9. 3. Tom Blackwell (MSU),  
9:05.0. 4. Joe Simmons (Louisville), 9:13.2. 5. Doug Overfelt  
(FSU), 9:17.4. 6. Tim McClain (FSU), 9:29.0.

(Both Weber and Crane break previous Conference record held by  
Sauter-FSU 9:03.70 1978)

Scoring: Cincinnati-10; FSU-3; Louisville-4; Memphis St.-6;  
Virginia Tech-8.

Triple Jump-1. Bethel Ward (Louisville), 49-5. 2. Kelvin

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Fairfax (MSU), 49-2. 3. Joe Moss (FSU), 48-8  $\frac{1}{2}$ . 4. Phil  
Green (Cin.), 48-0. 5. Robert Davis (Virginia Tech), 46-11.  
6. Anthony Carter (MSU), 45-11  $\frac{3}{4}$ .

Scoring: Cincinnati-4; FSU-6; Louisville-10; Memphis St.-9;  
Virginia Tech-2.

10000 M-1. Herb Wills (FSU), 30:05.1 (New Conference Record,

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breaking old mark of 30:14.4 set by Donnie Cook, FSU 1978).

2. George Griggs (St. Louis), 30:50.3. 3. John Hodge (FSU),  
31:11.4. 4. Robbie White (Virginia Tech), 31:20.8. 5. Larry  
Greene (FSU), 31:44.7. 6. Steve Anderson (Memphis St.), 31:53.2

Scoring: FSU-18; Memphis St. 1; St. Louis-8; Virginia Tech-4.

TEAM SCORING:

|               |    |
|---------------|----|
| Virginia Tech | 30 |
| Florida State | 29 |
| Memphis State | 24 |
| Cincinnati    | 18 |
| Louisville    | 15 |
| St. Louis     | 8  |
| Tulane        | 0  |

1979 Metro Conference Track  
and Field Championships

TRIALS

110 M High Hurdles- Heat 1: 1. Ken Lewis (Virginia Tech), 14.7.

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2. Tommy Lapaille (Louisville), 14.7. 3. Eddie Williams (Florida State), 15.0. 4. Ed Friar (Virginia Tech), 15.1.

Heat 2: 1. Terron Wright (Memphis St.), 14.5.  
2. John Citron (Florida St.), 14.7. 3. James Triplett (Louisville), 14.7. 4. Frank Simmons (Louisville), 14.8.

400 M Run- Heat 1: 1. Walter McCoy (FSU), 48.0. 2. Steve Davis

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(Cincinnati), 48.3. 3. Bruce Merritt (Virginia Tech), 48.4.  
4. Henry Holland (MSU), 48.6.

Heat 2: 1. Jeff Walker (Cincinnati), 47.9. 2. Palmer Simmons (FSU), 47.9. 3. Arthur Battle (MSU), 48.3. 4. Joe Tehan (St. Louis), 50.1.

100 Meter Dash- Heat 1: 1. Terron Wright (MSU), 10.77. 2. Dennis

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Scott (Virginia Tech), 10.89. 3. Jim Chestnut (Cin.), 10.97.  
4. Keith Davison (FSU), 10.98.

Heat 2: 1. Ron Nelson (FSU), 10.80. 2. Don Phillips (MSU), 10.94. 3. James Danridge (Louisville), 11.08.  
4. Larry Fallen (Virginia Tech), 11.15.

400 IM Hurdles- Heat 1: 1. John Citron (FSU), 53.27. 2. Leo Hodges

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(FSU), 53.61. 3. Bob Sanford (MSU), 53.90. 4. Danny Mikulak (Tulane), 54.2.

Heat 2: 1. Eddie Williams (FSU), 53.1. 2. Hank Bradley (Virginia Tech), 54.2. 3. Brian Daley (Tulane), 55.5.  
4. Tommy LaPaille (Louisville), 55.5.

200 M- Heat 1: 1. Terron Wright (MSU), 21.57. 2. Vic Cass (St. Louis),

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22.08. 3. Billy Hampton (Louisville), 22.39. 4. Jim Chestnut (Cin.), 22.49.

Heat 2: 1. Jeff Walker (Cin.), 21.81. 2. Keith Davison (FSU), 22.36.

Heat 3: 1. Don Phillips (MSU), 21.93. 2. James Danridge (Louisville), 22.43.

METRO CONFERENCE TRACK CHAMPIONSHIP  
SCHEDULE OF EVENTS

FRIDAY, May 11

|           |                              |
|-----------|------------------------------|
| 2:00 p.m. | 100 Meter (Decathlon)        |
| 2:40 p.m. | Long Jump (Decathlon)        |
| 3:40 p.m. | Shot Put (Decathlon)         |
| 4:00 p.m. | Hammer (Trials & Final)      |
| 4:40 p.m. | High Jump (Decathlon)        |
| 5:00 p.m. | 110M High Hurdles (Trials)   |
| 5:00 p.m. | Triple Jump (Trials & Final) |
| 5:10 p.m. | 400M (Trials)                |
| 5:20 p.m. | 100M (Trials)                |
| 5:30 p.m. | 800M (Trials)                |
| 5:45 p.m. | 400M Hurdles (Trials)        |
| 5:55 p.m. | 200M (Trials)                |
| 6:00 p.m. | 400M (Decathlon)             |
| 6:05 p.m. | 3000M Steeplechase (Final)   |
| 6:20 p.m. | 10,000M (Final)              |

SATURDAY, MAY 12

|               |                               |
|---------------|-------------------------------|
| 2:00 p.m.     | 110M High Hurdles (Decathlon) |
| 2:30 p.m.     | Discus (Decathlon)            |
| 4:00 p.m.     | Pole Vault (Decathlon)        |
| 6:30 p.m.     | Javelin (Decathlon)           |
| 6:30 p.m.     | Javelin (Trials & Final)      |
| 7:15 p.m.     | Shot Put (Trials & Final)     |
| 7:15 p.m.     | Long Jump (Trials & Final)    |
| After Javelin | High Jump (Trials & Final)    |
| 7:45 p.m.     | Pole Vault (Trials & Final)   |
| 7:45 p.m.     | 1500M Run (Decathlon)         |
| 8:00 p.m.     | 400M Relay (Final)            |
| 8:10 p.m.     | 1500M (Final)                 |
| 8:15 p.m.     | Discus (Trials & Final)       |
| 8:25 p.m.     | 110M High Hurdles (Final)     |
| 8:35 p.m.     | 400M (Final)                  |
| 8:45 p.m.     | 100M (Final)                  |
| 8:55 p.m.     | 800M (Final)                  |
| 9:10 p.m.     | 400M Hurdles (Final)          |
| 9:20 p.m.     | 200M (Final)                  |
| 9:30 p.m.     | 5000M (Final)                 |
| 10:00 p.m.    | 1600M Relay (Final)           |